

These embrace strips are amazing (but expensive). They are silicone so help with healing, and they Relieve tension on the incision site so that scars heal thinner. Unfortunately, I developed an allergy so switched to BIOCORNEUM, which also works well but doesn't help with wound tension.

You can start using both of these about 2-4 weeks After surgery, once the wound is healed.



For Women: My bra rubbed against the top of my incision, so it didn't heal as quickly. Eventually I figured out this system. Take a cosmetic foam round, and cut it in half. Apply fashion tape to the foam, and affix the foam pieces to the inside of the bra as show below. This helped a lot.

