

MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Scar correction

Scar revision surgery for surgical, caesarean section,
raised and sunken scars

Mr Siva Kumar Veeramani

Consultant Plastic, Reconstructive and Cosmetic Surgeon
MBBS BMedSci MRCSEd MBA FRCSEd (Plast.) · GMC 6114710



The Ü Clinic
Sevenoaks & Oxted

Version 2.0
October 2026

Contents

This booklet explains scar revision surgery and what to expect.

01	Why you have this booklet	3
02	What scar revision involves	3
03	Before you decide	5
04	Other options	6
05	What you can expect from the result	7
06	Getting ready	7
07	Anaesthetic and where it happens	7
08	The procedure	8
09	Recovery	8
10	Risks and complications	8
11	Further treatment	10
12	Photographs and records	10
13	Costs and insurance	10
14	Your decision	11
15	Your personal information	11
16	Who to contact, and when to get help urgently	11
17	What happens next	12

01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about improving a scar, or you're about to.

It explains the options, what is realistic, how to prepare, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What scar revision involves

Every operation and injury leaves a scar. Most fade to a fine line, but some heal wide, raised, tight, sunken or puckered. Scar revision aims to make a scar less noticeable or more comfortable. Scars can't be removed completely.

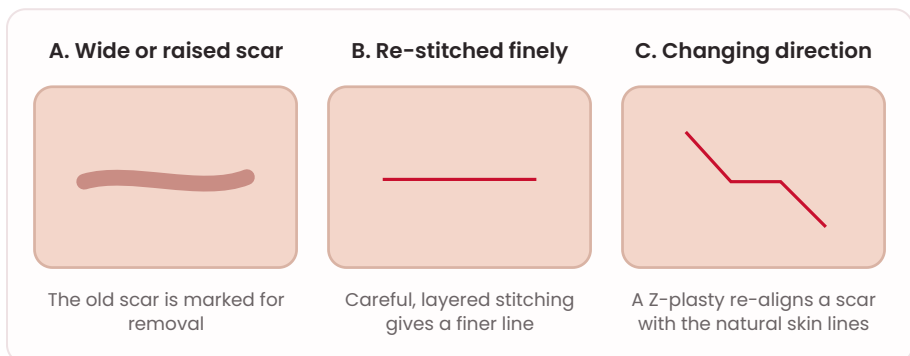


Figure 1. Scar revision and changing a scar's direction. A simplified drawing for guidance only.

Surgical scar revision

The old scar is removed and the skin rejoined carefully in layers, so it heals as a finer, flatter line.

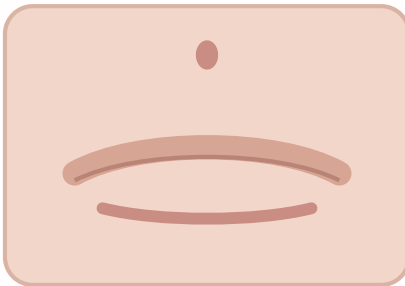
Z-plasty and W-plasty

The scar is re-angled to sit in the natural lines of the skin, or broken into a less noticeable zigzag. This also releases scars that pull tight.

Caesarean section scar revision

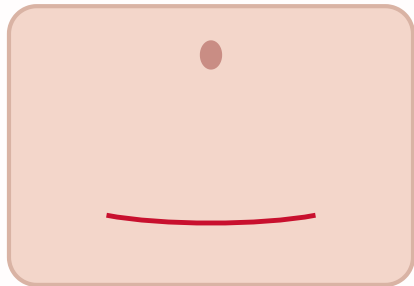
The old scar is removed together with any overhanging skin and fat above it, sometimes called a shelf, and closed in layers low in the bikini line.

A. Before revision



A fold of skin overhangs a tethered scar

B. After revision



The scar and overhang are removed, leaving a flat, low scar

Figure 2. Revising a caesarean section scar with an overhang. A simplified drawing for guidance only.

Release of sunken scars

A sunken (atrophic) scar is freed from the tissue that tethers it down, sometimes with a small amount of your own fat placed underneath to lift it.

CO2 laser resurfacing

Laser smooths the surface, softens raised edges and blends the colour. It can be used on its own or a few months after revision to refine the result.

Steroid injections and silicone

Injections flatten and soften raised (hypertrophic) scars, and silicone gel or sheets help them settle, often alongside surgery.

03 Before you decide

You're likely to be a good candidate if:

- ✓ the scar is at least 12 months old and has matured
- ✓ it is wide, raised, sunken, tight or overhanging, rather than simply pink
- ✓ you are in good general health, and don't smoke or are willing to stop
- ✓ you have realistic expectations

What the treatment won't do

- **It won't remove the scar completely.** The aim is a finer, flatter, less noticeable scar.
- **It isn't the right first treatment for a keloid.** A keloid can come back, sometimes larger, after surgery alone, and needs a combined approach.

Please tell Mr Kumar if you have, or have had

- you take blood thinners or have a bleeding disorder
- a pacemaker or defibrillator (some equipment used to stop bleeding can affect it)
- allergies to local anaesthetic, plasters, latex or antibiotics
- a tendency to keloid or thickened scars
- diabetes or a weakened immune system, which can slow healing
- you smoke or vape
- you are pregnant, breastfeeding or planning a pregnancy

04 Other options

You don't have to have this procedure. Depending on what bothers you, the alternatives include:

- silicone gel or sheets, worn daily for several months
- steroid injections for raised scars
- CO2 laser on its own, for uneven texture and colour
- a mini or full tummy tuck, if a caesarean scar sits under a larger area of loose skin or the muscles have separated

- camouflage make-up
- doing nothing

05 What you can expect from the result

The new scar is pink at first and takes 12 to 18 months to mature fully. It usually ends up finer, flatter and less noticeable than the old one, but every scar heals differently and no result can be guaranteed. Silicone, massage and sun protection help it settle, and CO2 laser can refine it further if needed.

06 Getting ready

There is usually no special preparation for a revision under local anaesthetic. Please:

- ✓ tell us about any blood thinners such as warfarin, apixaban, rivaroxaban, clopidogrel or aspirin. Don't stop them without advice.
- ✓ stop smoking and vaping at least six weeks before a larger revision, as nicotine slows healing
- ✓ eat and drink normally before a local anaesthetic. If you are having a general anaesthetic, you will be given fasting instructions.
- ✓ wear loose, comfortable clothing that is easy to remove from the area
- ✓ arrange a lift home if you are having a general anaesthetic or sedation, or if the scar is on your face or a leg you need for driving

07 Anaesthetic and where it happens

Most scar revisions are done under local anaesthetic, so you are awake and the area is numb. Larger revisions, such as a caesarean section scar with an overhang, may be done under general anaesthetic at The McIndoe Centre, KIMS Hospital or North Downs Private Hospital. You go home the same day.

08 The procedure

Mr Kumar marks the area with you first. Once the anaesthetic has taken effect, the old scar is removed and any tight or tethered tissue released. Where needed, the scar is re-angled with a Z-plasty or W-plasty, or a small amount of fat is placed beneath a sunken area. The skin is then closed in layers with fine stitches, often dissolvable beneath the skin. Most revisions take 30 to 90 minutes.

09 Recovery

- ✓ **Keep the dressing clean and dry** for 48 hours, then you can usually shower and gently pat the area dry.
- ✓ **Avoid stretching the area**, heavy lifting and strenuous exercise until the stitches are out, and for six weeks after a caesarean scar revision.
- ✓ **Stitches are usually removed** after 5–7 days on the face and 10–14 days on the body. Dissolving stitches need no removal.
- ✓ **Start scar care once healed:** silicone gel or sheets, and gentle massage with a plain moisturiser.
- ✓ **Protect the scar from the sun** for at least a year.

10 Risks and complications

Most people recover without any serious problems. But like any treatment it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON

more than 1 in 100

UNCOMMON

1 in 100 to 1 in 1,000

RARE

1 in 1,000 to 1 in 10,000

VERY RARE

fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your treatment. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Mild soreness for a few days, helped by paracetamol.
- Some bruising and swelling.
- A new scar, which is pink at first and fades over 12–18 months.

Other complications

- **Infection** UNCOMMON
Redness, swelling or discharge from the wound. Usually treated with antibiotics.
- **Bleeding** UNCOMMON
Oozing can usually be stopped with firm pressure. Rarely, a collection of blood needs draining.
- **Wound opening** UNCOMMON
More likely on the back, shoulders and legs, or where there is tension. It usually heals with dressings.
- **Thickened or raised scar** UNCOMMON
More likely on the chest, shoulders and back, and in people prone to them. It can be treated with silicone or steroid injections.
- **Numbness around the scar** COMMON
Usually improves over months.
- **Change in skin colour** UNCOMMON
The scar can end up paler or darker than the surrounding skin.

● **The scar not improving as hoped** **UNCOMMON**

Every scar heals differently, and further treatment is occasionally needed.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

11 Further treatment

Occasionally a further procedure is needed to refine the result, for example CO2 laser to smooth the surface, or steroid injections if the new scar starts to thicken. Further surgery isn't usually considered until things have fully settled, often 12 months afterwards. The cost of any further treatment isn't automatically included in your original fee; the clinic team can explain our policy.

12 Photographs and records

Photographs are taken before and after your treatment and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

13 Costs and insurance

If a scar is painful, tight or restricts movement, some insurers cover revision, but scars treated for appearance alone usually are not covered. If you are insured, please check your cover before your procedure. Insurers need Mr Kumar's full name, Siva Kumar Veeramani, and his GMC number, 6114710. If

you are paying for yourself, you'll receive a written quote first. Self-pay consultations cost £250 and follow-ups £150.

14 Your decision

This is your decision and you have the right to:

- ✓ take as long as you need to decide, and bring someone with you to appointments
- ✓ say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ✓ ask for a second opinion from another surgeon.

15 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

16 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on 020 3026 9695 or info@theuclinic.com.

Contact us promptly if you have

- redness that is spreading, warmth, discharge from the wound, or a temperature
- bleeding that doesn't stop with 20 minutes of firm pressure
- the wound opening up
- pain that is getting worse rather than better

Out of hours, your emergency contact number will be given by the treating hospital or clinic. In an emergency, call 999.

17 What happens next

Before your treatment, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

Telephone

020 3026 9695

Email

info@theuclinic.com

Sevenoaks

The Ü Clinic, 74 London Road, Sevenoaks TN13 2DN

Online

mrsivakumar.com

Mr Siva Kumar Veeramani is a Consultant Plastic, Reconstructive and Cosmetic Surgeon. GMC 6114710.

MR SIVA KUMAR
CONSULTANT PLASTIC SURGEON



Scar correction information leaflet. Version 2.0, October 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.