



FIRAS AL-NIAIMI
CONSULTANT DERMATOLOGIST

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Subcision aftercare sheet

If you are considering surgical subcision for your scars (including acne scars) then you are in the right place. Dr Firas Al-Niaimi is highly skilled in subcision and is one of few in Europe who performs extensive subcision for deep acne scars.

Scars (including acne scars) can be tethered to the underlying subcutaneous fat layer in the skin by strands of tissue, which pull on the dermis and give each scar its dipped, hollow appearance.

Surgical subcision entails inserting a needle through a puncture in the skin and cutting the fibrous strands underneath the skin's surface. In doing so, the tether is released, and the indentation is lifted.

Dr. Firas Al-Niaimi uses an advanced technique, where through a single needle entry point, he injects tumescent anaesthesia (diluted safe anaesthetic material in large quantity) to expand the subcutaneous fatty layer between the dermis and the fascia. This creates an inflated area that allows for enhanced safety and erects the strands of the scars to keep them under tension.

Dr Firas Al-Niaimi then makes a 4-5mm incision (small cut) in the side of the cheek and inserts a long surgical cutting instrument underneath the skin, to subcise the strands of the scars in the entire affected area. This is a skilled procedure and requires knowledge of anatomy and surgical skills both of which Dr Firas possess having trained as a Mohs surgeon.

The technique usually takes around an hour and is usually performed under light sedation. Some transient post-procedure swelling, bruising and pain can be expected, and most patients report significant improvement of the appearance of scarring.

If you do take any medication (including over the counter) that could potentially thin your blood you must inform Dr Firas.

Please note that in some cases the bruising and tenderness can be extensive and may last up to a week so please take your work/social commitments for the following week into consideration.

Dr Firas Al-Niaimi will advise you on the pain relief to use and the aftercare.

In some cases, a degree of dipping remains which can be corrected by injecting a filler substance.

Should you have any further questions please do not hesitate to contact Dr Firas Al-Niaimi



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