



## Dog Bite Scars in Children: Understanding Healing & the Best Treatment Options

When a child gets a dog bite, the physical wound is only one part of the experience. Parents carry the fear and worry, kids carry the memory, and everyone hopes the scar won't be something they have to look at forever. I completely understand that feeling — when it's your child, even the smallest mark can feel like a big deal.

That's why I wanted to break this down in a way that feels honest but comforting. Dog bite scars in kids are incredibly common, and the good news is that children have the amazing ability to heal beautifully with the right care and guidance.

This is where experts like **Dr. Thomas Zaydon**, Board-Certified Plastic and Reconstructive Surgeon at the **Plastic Surgery Institute of Miami**, come in. He specializes in scar management and has helped many families navigate the healing process with clarity and confidence.



## **Why Dog Bite Scars Happen in Children**

Dog bites often leave scars because the skin is torn, not cut cleanly like a surgical incision. That tearing disrupts deeper layers of tissue, which leads to thicker, more noticeable scarring.

And with kids, the skin is delicate and still developing, which means scars can change as they grow. This is one reason Dr. Zaydon always emphasizes early evaluation. The sooner you get an expert's eyes on the scar, the more options you have to help it heal well.

## **What To Do Right After the Bite**

Even though the bite already happened, many parents wonder, "Did I do enough early on?"

Here's the truth: most parents do exactly what they need to do — clean the wound, stop the bleeding, see urgent care, follow up with antibiotics if needed. You're not expected to know everything on the spot.

If a scar forms later, that doesn't mean you did anything wrong. It's simply the nature of how the skin responds to trauma.

## How Children's Skin Heals

Children actually have an advantage — their collagen turnover is high, their skin is more elastic, and they tend to heal faster than adults. But dog bites can still leave raised, indented, or darker scars because of how rough the injury is.

This is why personalized treatment is so important. There's no "one-size-fits-all" scar plan. Dr. Zaydon evaluates things like:

- scar thickness
- location
- skin tone
- healing stage
- whether the scar is itchy, raised, or pulling the skin

And then builds a plan that works specifically for your child.

## Treatment Options Dr. Zaydon Offers

One thing about Dr. Zaydon's approach at the Plastic Surgery Institute of Miami is that he never jumps straight to surgery — he walks parents through every non-surgical option first, unless the scar clearly requires intervention.

Here are some of the most effective treatments for pediatric dog bite scars:

### **Silicone Gel or Silicone Sheets**

These are gentle, easy, and safe for daily use. They help soften the scar and flatten raised areas over time.

### **Steroid Injections**

Used for thick, raised, or keloid-prone scars. These help calm inflammation and reduce scar height.

### **Laser Therapy**

Great for redness, uneven texture, or discoloration. Kids typically tolerate this very well.

### **Microneedling**

Helps with indented or uneven scars by stimulating collagen to fill in the area naturally.

### **Scar Revision Surgery**

This is usually the *last* option and is only recommended when the scar limits movement, is very deep, or significantly affects appearance. Dr. Zaydon explains everything in a calm, parent-friendly way so families know exactly what to expect.



## Supporting Healing at Home

Parents always ask, “What can I do at home to help?”

A lot, actually — and your effort really does make a difference:

- Keep the scar moisturized
- Use sunscreen daily (SPF is huge for scar appearance)
- Gently massage the area to break up tight tissue
- Follow the treatment plan consistently
- Watch for any discoloration or thickening and follow up early

Small steps add up.

## When You Should See a Specialist

It's time to book an evaluation if:

- The scar is raised, thick, or lumpy

- Your child is self-conscious
- The scar is pulling or restricting movement
- The area is red months after the injury
- The texture looks uneven or indented

Early guidance can change the long-term outcome more than most parents realize.



Dr. Zaydon is a board-certified plastic and reconstructive surgeon with over 20 years of experience, specializing in burns, facial injuries, open wounds, scars, and complex implant repairs. As Chief of Plastic Surgery at Mercy Hospital and former president of both the Florida and Miami Societies of Plastic Surgeons, he has extensive experience handling severe and catastrophic cases. He is also active on multiple professional boards and insurance review panels, bringing unmatched expertise to every case.

Dr. Zaydon is highly experienced in treating dog bites, whether work-related or domestic, and selects the best procedure to restore your skin to its pre-injury condition.

## You Don't Have to Navigate This Alone

Seeing your child with a scar from something traumatic is never easy — but you're not stuck with "just living with it." With the right medical care, most dog bite scars can improve dramatically.

If you're feeling unsure, overwhelmed, or simply want expert eyes on your child's scar, **Dr. Thomas Zaydon** at the **Plastic Surgery Institute of Miami** is truly one of the best people to guide you.

## Ready to get clarity and real options?

Visit <https://drzaydon.com/> to schedule a consultation and get the support you and your child deserve.



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