

PROBLEM SCARS

Scars can take 3 months to 2 years to mature. Massage can help to soften and flatten the scar tissue.

A scar is a problem if it :

Feels hard or itchy

Becomes unusually thickened (hypertrophic or keloid scars).

Restricts movement

Repeatedly cracks

Develops skin ulcers

Prior to referral for hard, itchy or thickened scars consider the following

Regular massage with moisturising cream/oil 5 mins 3 times a day for 6 months	y/n
Silicone gel application twice a day for 4 months	y/n

Problem scars do not all need scar revision.

Many will respond to intralesional steroid injection.

Patients requesting scar revision will need IFR approval.