

Sunlight

Exposure to direct sunlight should be avoided, as the scar area will burn easily. If exposure to the sun is unavoidable then total sun block should be applied regularly to the scar.

If you have a pressure garment, total sun block should be worn underneath when in the sun. Areas such as the face should be shaded with a hat. Exposure to the sun should be avoided whilst the skin is healing and the scar is in the development stage, which will be two years following the injury.

Scar review clinic

On your last visit to Dressings Clinic a Therapist will assess your scar in order to advise you how to carry on treating it. An appointment may be made for you to attend the scar review clinic where your scar will be reassessed to make sure that it is maturing. If there are no further problems at this stage then you will be discharged. If after being discharged you have any further problems you can contact the therapy team via telephone or email:

- 0151 430 1540
- burnstherapy@sthk.nhs.uk

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
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Scar Management

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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It is very important to start scar management once your wound has healed. Your therapist will assess your scar and advise you on the appropriate methods to improve your scar.

General skin care

The healed area should be washed at least once a day. A mild, un-perfumed soap should be used. A build up of cream and dirt on the skin can lead to blackheads or spots and potentially skin breakdown.

Massage and moisturising

Massage and the application of cream is an important part of ongoing care of the skin. Healed skin can become very dry and itchy if the oil producing glands are damaged. However it is important that you only apply cream to the healed areas of skin, avoiding any broken areas.

Massaging the scar can help to place pressure over the scar. It must be done in a firm circular movement. This will help to soften the scar and aid absorption of moisturising creams.

How often do I need to apply the cream?

The healed area should be massaged three times per day and after bathing / showering.

Pressure garments

Scars can undergo many changes. The tissue can become raised, red and hard. As this happens movement may become more difficult and restricted.

Pressure garments are designed to place a precise amount of pressure over the scar areas in order to flatten, soften and help to pale the skin. Your therapist will assess whether you need a pressure garment. If you do, you will be given an appointment to be measured for the garment. You may have to return to be fitted with the garment.

Pressure garments need to be worn from 6 months to 2 years.

Advice will be given to you regarding how long you need to wear the garment. If there is any skin breakdown then the garment must be removed and you must seek advice from your named therapist immediately.

Silicone products

Silicone products can help soften your scar and improve its appearance. Your therapist will assess whether you need any silicone on your scar. If you do your therapist will advise you on how to use it. If there is any skin irritation/breakdown then remove the silicone and you must seek advice from your named therapist immediately.

Exercise

Exercise is important as it can prevent the skin from tightening and contracting. Contact sports should be avoided until the scar has healed as it will be sensitive and thin, therefore prone to damage. You can return to swimming when your scar has fully healed. It is important to wash all of the chlorine from your skin afterwards.