

Keloid Pressure Splint

What is a Keloid Pressure Splint?

A splint is a custom made device made of thin clear plastic that sits directly on the skin in the area where your scars are. They normally have a spring mechanism that can be adjusted in clinic to control a light pressure over the scar. The plastic surface is also adjusted during a clinic appointment to ensure a close fit to the scar shape.

How Does Pressure Therapy Work?

Applying a light pressure to a keloid scar can encourage the cellular metabolism within the scar to change. The irregular bundle of fibres (collagen) can begin to realign into more parallel lines. With correct use, a splint can limit the scar from further growth and can help to reduce the size of the scar.

When Can I Wear a Keloid Splint?

This kind of device requires a commitment to see results. The splint should be worn all the times apart from removal once a day for cleaning. They are made to be as discrete as possible.

The length of the treatment depends on the size of the scar and whether you wear it all of the time or not.

What Does the Treatment Involvement?

Briefly what this involves is us taking an impression of your ear (a little like a dental impression but over your ear with some silicone gel that sets into a rubber after a few minutes). Once we have this, we use it to make a plaster model of your ear, that we can use in our laboratory to fabricate a plastic clip with a metal spring that fits over your scars precisely.

This will be a clip (or two) that adds gentle pressure over the scars to help prevent growth and reduce its size, which we will fit and adjust with you in person at another appointment. At first, it is best to wear this 24 hours a day for a many months/ possibly years.

Appointment Number	Example Plan
1	Consultation, consent and medical history
1/2	Taking an impression of the scar – a light tugging sensation can be felt when the impression material is removed
3	Fitting the keloid pressure splint
Multiple	Review and measurement of the scar and adjustments of the splint

As the scars reduces and settle you may only need to wear them at night. There may be a time where you feel you do not need to wear them at all, so we ask you to keep them safe and if you feel the slightest tingly/itching or notice growth in the area you should put them back on immediately and get in touch. This should help to prevent them returning in the long term.

You would be treated at Southmead Hospital and the charge would be £2445 including an initial consultation and up to 4 adjustment visits (required as the keloids shrink), as well as a final device for you to use on a preventative basis for the future (to be worn if tingling/growth restarts).

It is best for us to work alongside alternative treatments, such as steroid injections and any surgeries you may have to remove the scars too, by adjusting the clips as they change.

The pressure clips should not cause an increase in swelling, pins and needles or skin breakdown – please remove your clip and get in contact if you have any of these symptoms.

Other Keloid Treatments

There are a few alternative or conjunctive treatments for keloid scars that your plastic surgeon can discuss with you.

Keloid pressure splints can be used in combination alongside other keloid treatments following the instructions given by your Reconstructive Scientist.

More information can be found at: <https://www.nhs.uk/live-well/healthy-body/keloid-scars/>

If you'd like to discuss things over the phone before proceeding, please let me know and I can happily arrange a call.

Any questions please contact:

Amy Davey

07584628042

Amy.davey@nbt.nhs.uk

Gate 24, Level 1, Brunel Building, Southmead. BS10 5NB