



Conservative Techniques to treat Scarring

Scarring can form following surgery, a traumatic injury or a burn injury. A superficial injury will heal effectively and quickly as only the surface area (epidermis) of the skin is damaged and so will heal without scarring. If an injury is deep or there is prolonged healing (longer than 2 weeks) then the wound heals with collagen fibres that is commonly known as scar tissue. Many people with these kinds of injuries will heal with 'good' scars, these are flat, soft and pale in colour but in some circumstances problem scars can occur. Sometimes the body can over heal causing hypertrophic scars and keloid scars

Hypertrophic Scarring: *hypertrophic literally means 'overgrowth' - it is characterised by being raised, hard, red and 'itchy' and often hypersensitive*

Keloid Scarring: *a sharply elevated, irregularly shaped, progressively enlarging scar due to the formation of excessive amounts of collagen in the corium during connective tissue repair.*

There are many reasons why this type of scarring can occur:

- Length of healing time
- Depth of the wound
- Wound infection
- The site of the scar
- Age
- Skin Type
- Genetic predisposition

If the scar tissue is active (active scars are usually pink or red) then the outcome of their appearance and comfort can be improved using conservative techniques. Once a scar is pale then these techniques are not normally effective (this is usually 2 years after injury / surgery).

Conservative scar treatments include moisturising / massage / silicone therapy / pressure therapy.