

Useful contact numbers:

Plastic Surgical Nurse Practitioner: **07901943767**
Burns Occupational Therapist: **01296 31500 (Bleep 712)**
Or email: **Plastic.SurgeryElective@buckshealthcare.nhs.uk**

Out of hours: Plastics On-Call Doctor: **01296 31500 (Bleep 524)**

Ward 16B (SMH): **01296 418110**
Ward 12A (WGH): **01494 426401**
Plastic Consultant Secretary: **01296 316639, 315119, 315117**

Plastic Surgery Department

Buckinghamshire Healthcare NHS Trust
Stoke Mandeville Hospital, Mandeville Road, Aylesbury
Buckinghamshire, HP21 8AL

How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitizer available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitizer. Staff will let you know if this is the case.

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Buckinghamshire Healthcare



NHS Trust

Scar Care

Information for patients who may have a scar post procedure

Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

Your Scar

As wounds heal they go through several changes. By following this advice, you can help reduce the scarring to a minimum. This will give you the best cosmetic result for your scar. However it will not make your scar disappear completely.

Scar Care

- After your stitches are removed you may have skin tape, or steri- strips (paper sutures) over your wound/scar. These are put on to help support your wound/scar as, although the wound is closed it can still be fragile.
- After a week or on the advice of your Consultant, these can be removed and the area washed as normal.
- You should then massage your scar with simple moisturisers two to three times a day.
- Massage involves firm pressure in circular strokes paying attention to any hardened or raised areas.
- It sometimes takes over one to two years for the scar to settle.
- The scar will always be weaker than the healthy skin around it and will only achieve up to 80% of it's original strength.

Take Care in the Sun

- Unprotected exposure to the sun increases the risk of skin cancer.
- Use a high factor sun cream (factor >30) and top up regularly.
- Drink plenty of fluid, such as soft drinks and water (not alcohol) to keep hydrated.
- Wear a hat and limit your time in direct sun light.

Your scar will be very sensitive to sunlight. It will become red and possibly blister unless you protect it from the sun for the first two years.

Types of Scar

Normal

- All scars are red at first and may also be raised and itchy.
- Normal scars mature to a flat pale appearance over a period of a few months to 2 years.

Hypertrophic

- These are red, raised, thickened and mature slower than normal scars.
- They will flatten and become paler but this can take several years.
- There are treatment options to aid these to settle which your doctor/nurse will discuss with you if needed.

Keloid

- These are red, lumpy and grow bigger than the original wound.
- These can be genetically influenced if your parents have had these types of scar.
- You may be at more risk of these scars if you have highly pigmented skin.
- These are difficult to manage but there are treatment options which you can discuss with your Plastics Doctor if required.

Contracture

- Scars which have tightened and shortened over a joint causing a deformity or reducing function.
- A Physiotherapist will aid you to carry out exercise to keep the scar stretched, you may also require a splint.
- Further surgery may be needed to release the contracture.

If you have a problematic scar, you can be seen in our specialist scar clinic