



WHAT TO DO WITH PAINFUL, TIGHT OR STUCK SCARS

Painful, tight or adherent scars inhibit movement and impact hand use!

There are 6 ways we address scars:

- Good **wound care** facilitates healing. Generally a wound that heals quickly will produce a better scar.
- **Scar massage:** Massage using moisturiser enables more stretch and mobility of the skin against the underlying scar. This is done regularly and is used as part of a desensitisation program for tender scars.

- **Silicon gel** softens scar and modifies scar processes which helps with raised, tender and painful scars. It commonly comes in sheet form, which is placed over the scar using bandage or tape to keep it in place over night. Each morning it is washed under running water; dried and kept for reuse. If there is any skin irritation silicon should be discontinued for a time. Other options are available.
- **Low Level Laser** works on scar at a cellular level to help align the scar fibres in a more organised manner. This achieves a flatter more pliable and less tender scar.
- **Tape** application can assist with improving scar pliability and pain.
- **Sun protection:** Keeping scars covered by a sleeve, glove or tape protects a scar from UV damage. Sun exposure can change scar colour so it is best to keep scars covered while outside.