

# STEP BY STEP

## SCAR MANAGEMENT GUIDELINES

### STEP 1

#### After wound closure

#### Ensure sufficient UV protection (SPF)

#### PREVENTIVE MEASURES

- Hydrate skin thoroughly
- Start with silicone therapy (SCARBAN)

*Consider taping or pressure therapy*

### LINEAR / WIDESPREAD

6 weeks – 3 months

#### NORMAL SCAR DEVELOPMENT

Stop after 3 months

#### EARLY HYPERTROPHY

Continue/intensify

#### STEP 1

- Start pressure therapy

*No surgery without (indications of) functional limitations*

*Consider intralesional corticosteroids for extended hypertrophy*

### STEP 2

### KELOID

4 weeks – 6 months

#### NORMALISATION OF SCAR

Continue as long as required

#### GROWING KELOID

Continue/intensify

#### STEP 1

- Start pressure therapy
- Start intralesional corticosteroids

*Consider combining with 5-FU, bleomycin or verapamil*

### STEP 3

After 6 months

#### NORMAL SCAR DEVELOPMENT

Stop therapy

#### CONTINUED HYPERTROPHY

Continue/intensify

#### STEP 1

+

#### STEP 2

- Start intralesional corticosteroids

*Consider combining with 5-FU*

*Consider contracture surgery*

After 12 months

#### NORMALISATION OF SCAR

Continue as long as required

#### KELOID DOES NOT RESPOND

*Consider surgery in combination with radiotherapy or intralesional cryotherapy*

After wound closure

#### STEP 1

### STEP 4

After 12 months

#### PERMANENT HYPERTROPHY

*Consider scar correction*

After wound closure

#### STEP 1