



REHABILITATION

Scar Management

Scars are a normal part of the healing process.

After a wound has healed the scar is commonly red, and in some cases raised. This is due to the healing process involving the creation of new tissue and cells. The body forms extra blood vessels to support this new scar tissue.

There is also an increased blood flow to aid this process which also adds to the red colour. This is a normal phase of the skin's recovery process and most scars will turn into a more skin-like color eventually.

Sometimes scars can become problematic. A scar can become lumpy and hard. The scar can stick to other soft tissues and this in turn can restrict your movement and function.

The appearance and flexibility of your scar can be improved by doing the following.

Scar massage

Massage helps to reduce itching and sensitivity. It can also soften scars and prevent damaged tissue layers sticking together as they heal (adhesions).

You should only start scar massage once the wound has completely healed.

- Use a moisturiser such as E45, aqueous cream or Diprobase.
- Massage in circles along the scar, across the scar and over any sensitive areas.
- Massage three to four times daily for at least five minutes for each area.



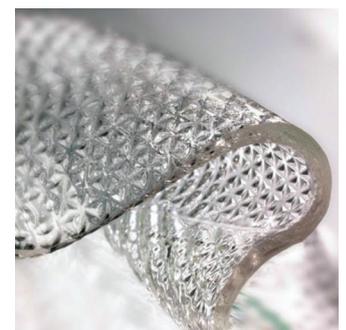
Silicone Gel

Silicone therapy is used to help with reducing or preventing problematic scarring. It assists the scar to become softer, flatter and paler by having an effect on the body's normal healing and scarring process.

Re-usable Adhesive Silicone Sheeting

1. Ensure skin is clean and dry
2. Peel away protective liner and save it for later use

3. Place the sheet / patch sticky side down directly over the scarred area
4. Keep in place for 12 to 23 hours per day with removal for showering
5. At least once daily remove the patch and rinse under water and dry thoroughly
6. If you are not wearing the silicone sheet re-apply the protective liner to prevent it from drying out
7. Each patch should last four to six weeks



Topical Silicone Scar Gel

1. Ensure skin clean and dry
2. Apply small amount by smearing over scar
3. Allow 5 minutes to dry and then you can put clothes on over as normal
4. Re-apply at least 2 times daily after massaging or getting wet – when re-applying ensure the previous application has been washed off