

## INFORMATION LEAFLETS FOR PARENTS / CARERS OF A CHILD

### SCAR MANAGEMENT



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This leaflet has been written to give you information to help you care for your child after their injury.

A scar forms after there has been an injury or cut to your child's skin. A scar is a permanent mark but is a normal part of the body's healing process. At first, your child's scar may be red. This can last several months, but the appearance of the scar should continue to improve over about two years. Once your child's wound has healed, there are some simple things you can do to help the appearance of your child's scar.

#### SKIN CARE

Scar tissue has less moisture than normal skin. Moisturising your child's scar regularly can help to reduce itching, drying and cracking. Sun protection is also important while your child's scar is healing, to protect the newly healed skin as it matures and to prevent excess colour change. Your child should avoid exposing the area to the sun and use sun block (factor 50+) even if it is not warm, to reduce damage to this new skin. We recommend they wear a sun hat or cap if necessary (facial or head scars) and protective clothing with built in sun protection (SPF) that can be bought in most children's clothes shops to wear while in the sun.

#### Scar Massage

Massaging your child's scar regularly can help it to heal and improve its appearance by flattening it and reducing redness. Scars can become tight or adherent, which can restrict normal movement. Massaging helps to prevent this tightness from occurring.

You should aim to massage your child's scar three to four times a day for two to three minutes or as long as your child will tolerate. The moisturiser we recommend is Aveeno daily moisturising lotion. This can be bought in all chemists and most large supermarkets. Use your thumb to massage in a circular motion. Make sure you massage all areas involved.

#### PROBLEM SCARS

A problem scar can develop in a small number of people. Problem scars can develop if excess scar tissue is produced or if your child's scar becomes over sensitive. Scars are most active for the first three months after the wound has healed. Signs of a problem scar may include:

- raised and lumpy
- thick or stuck
- very itchy or very sensitive
- restricting normal movement of the skin or joint

