

Patient Information

How to look after your scar following removal of sutures or staples (or when otherwise instructed)

Dermatology & Plastic Surgery

www.yeovilhospital.nhs.uk

Please cut this section off

If you have any questions please do not
hesitate to ask a member of the nursing
or medical staff, or call the
Dermatology/Skin Cancer Specialist
Nurse:

Mihaela Savu

Tel: 01935 384906

Mobile: 07990 776684

or email: mihaela.savu@ydh.nhs.uk

Plastics Secretary

Tel: 01935 384887

Dermatology Secretary

Tel: 01935 384871

The aim in all surgical procedures to remove unsightly lesions is to produce thin pale scars which are partly camouflaged by lying in or parallel to natural skin creases.

Wound Healing

Epidermal healing occurs rapidly by bridging across the small blood clot which lies between the wound edges.

Granulation tissue develops in the fresh scar and laying down of collagen in this tissue can take many months to reach a stable state.

Unfortunately, some scars remain red and raised for many months or even years. Keloid scars (a small percent) are those which grow and develop beyond the confines of the original wound.

How to look after your scar after removal of sutures

- Always wash your hands before touching your scar
- Wash your scar once a day using water and pat dry
- Use a familiar moisturising cream to moisturise the skin surrounding your scar twice a day
- Avoid picking or scratching your scar
- Protect your scar from direct sunlight (use a sun cream for at least two years)

- Keep clothes loose around your scar to avoid tension or friction which might irritate it
- You can use cosmetic make up or camouflage cream over your scar

Scars will:

- itch or tingle from time to time
- go through a phase of becoming pinker or slightly red (week 4 - 6)
- be numb, and in some situations this numbness may be permanent
- lose the skin pigment colour
- have swelling surrounding the scar initially, this will start to subside after the first 3 - 5 days and thereafter any remaining swelling may take several weeks to go completely

Seek medical assessment and advice if:

- Your scar is excessively swollen, red, painful or there is discharge or odour
- You are concerned about your scar