

Scar Mitigation Guidelines:

7.26.2021

Scar mitigation methods have greatest impact in the first 6 months.

- Aftercare is just as important as surgery!
- Graft imbibition is expected in 3 5 days
- Skin substitute tissue ingrowth is expected in 5 7 days
- Epithelialization 2 weeks from injury is the goal!
- Main impediments to healing are large burn size, hostile/ischemic wounds, poor nutrition and smoking
- Education by all team members is critical

Moisturizers & Massage

Prescribe moisturizers (e.g. Aveeno, Vitamin E oil).

Resource: PT/OT

Teaching: instruct them how to apply daily, use pads of digits to compress the raised/problem areas and grafts for 5 10 minutes 3 4 times daily. Can alter moisturizers. Move scar in all directions.

Compression Garments

Prescribe compression garments (or help order) at follow up in Mastin 2 4 weeks post burn wound closure.

Resource: Hangar Clinic

Teaching: patient should wear garments most of day and at night. The longer the patient wears the garments the more benefit they will receive, up to a year or more post grafting.

Therapy and ROM

Prescribe outpatient PT/OT for all burns with dysfunction. Consider occ/industrial medicine for patient injured at work.

Resource: inpatient OT available for clinic patients. Industrial medicine 251 660 5911.

Teaching: daily ROM is critical for autografts and second degree burns. Continue inpatient plan and use active (patient) and passive (family assisting) methods. Set goals.

Silicone Dressings

Prescribe or resource online.

Resource Advanced Silicone Scar Sheets and/or inpatient OT.

Teaching: because of loss of sebaceous / moisturization post burn, silicone gel/ dressings with or without compression garments may be effective for scar management by reducing evaporative loss and preventing skin trauma.

Laser Scar Treatment

Refer to Laser Center 1 3 months post burn closure if poor scar quality is noted. Anticipate patients who are on trajectory to fail non invasive treatments.

Resource: Plastic/ENT Kim Donnellan

Teaching: monitor/ document:

- Hypertrophic scar
- Abnormal ROM
- Poor Pigmentation