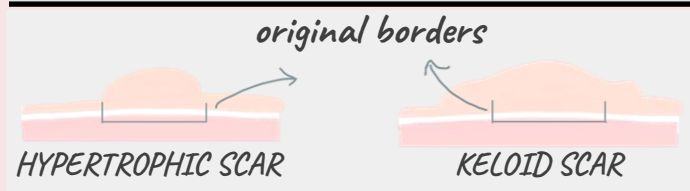


What are Scars?

When your skin gets injured, it goes through a healing process. Sometimes, this healing can lead to scars, which are areas of thicker tissue. The two main types of scars are hypertrophic scars and keloids.

Both types of scars are caused by the skin healing in a way that produces too much collagen (a protein that helps in healing). This can happen after injuries, surgeries, or even acne.

Similarities	Differences
<ul style="list-style-type: none">- Raised and firm: Both hypertrophic scars and keloids are raised and feel firm to the touch.	<ul style="list-style-type: none">- Hypertrophic Scars: These stay within the area of the injury and can shrink over time.- Keloids: These extend beyond the original injury site and do not shrink. They are more likely to run in families and are more common in people with darker skin.



Symptoms

- They can be itchy, painful, and may limit movement.
- **Hypertrophic Scars:** Usually develop soon after an injury and may get bigger before gradually getting smaller.
- **Keloids:** Can take years to form and are less likely to go away on their own and can return after treatment.

SCAR CARE ALLIANCE AND RESEARCH

BEYOND THE SCAR

About Us

The Scar Care Alliance and Research (SCAR) is a warm community formed by individuals who understand the journey of living with scars.

Our goal is to raise awareness and increase public understanding of this condition, by providing valuable knowledge, nursing skills, and emotional support to help you navigate the challenges of different scars.

We invite you to join our **membership program!** Simply fill out the Google form by scanning the QR Code below to stay updated on the latest information and treatment options available in your area.



Contact Us



The Scar Care Alliance and Research



@scarcarealliancenresearch

Honourable mention

Graphic Design: Rui-Ching Fung, Tricia Lim

Content: Edith Li and The Keloid Association of Hong Kong

Review: Prof. Hong Liang Tey, Dr. Janna Joethy, Prof. Jack Wong, Dr. Zofia Graf and The Asia Regulatory Professionals Association

V 1.0



CARING for your SCARS



A General Guide

SCAR CARE ALLIANCE AND RESEARCH
BEYOND THE SCAR

General Scar Care Tips

Sun Protection

Avoid Sun Exposure: Newly healed scars are more sensitive to sunlight, which can darken them.

Use Sunscreen: Apply a high SPF sunscreen on the scar to protect it from UV rays.

Wear Protective Clothing: Hats and long sleeves can help shield scars from the sun.



Moisturizing

- Regular Moisturizing: Scar tissue can dry out quickly. Moisturising can reduce dryness and itchiness, which can occur in scars especially during healing phase.

- Choose the Right Products: Use thicker, unscented creams or ointments for better hydration.



Exercise and Stretching

- Wait Until Healed: Only start exercising or stretching the area once wound has healed.

- Gentle Movement: For scars near joints, regular movement can help maintain flexibility.

Maintain a Healthy Lifestyle

- Eating well and avoiding smoking can improve healing.



Keep Wounds Clean

- Proper hygiene helps prevent infections and supports healing.

Monitor Your Scars

- Watch for changes like redness or increased size. Early action can help manage excessive scarring.

Prevention Tips

- Tell your doctor if you or someone in your family has had keloids before any surgery.

- Avoid unnecessary skin trauma, like tattoos and piercings.



To reduce the risk of scarring:

Treatment Options

1. **RNA Scar Patch:** A new treatment that uses RNA technology to target scar formation. Sometimes combined with other treatments.

2. **Compression Therapy:** Wearing special dressings can help reduce scar formation. They work best right after an injury.

3. **Steroid Injections:** These help reduce collagen production and inflammation. Repeated injections are needed and the doctor will monitor for side effects of thin skin and prominent blood vessels.

4. **Surgery:** Removing the scar can work, but keloids often recur. Combining surgery with other treatments may help.

5. **Cryotherapy:** Freezing the scar with liquid nitrogen may reduce its size, especially for smaller scars.

6. **Laser:** Pulse dye laser can be used to reduce redness and inflammation. Fractional carbon dioxide laser has been used to create micro-injuries to stimulate collagen remodelling.

Doctors often use a combination of the above treatments to optimize management. Always consult a healthcare professional to get a diagnosis and medical treatments.

*how may
i help?*

