

SCAR CARE

What to do at home



Daily care

Washing

The patient can have a shower as of: _____

The patient can have a bath as of: _____

Massage

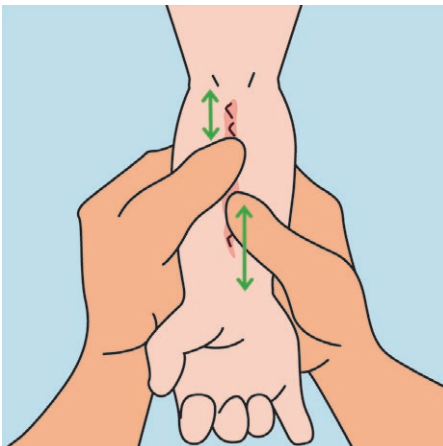
Starting: _____

Use an ointment or barrier cream to rub the skin along the scar for 3 minutes, two or three times a day for several weeks (see diagram below).

Start by rubbing the skin slowly, softly and lightly, then increase the pressure (after about 4 weeks). The scar should whiten as you rub, then return to its earlier colour.

A scar can change shape for up to 2 years, until it turns white. As long as it is red it is still healing and the massages should be continued.

Scar tissue is always more fragile than normal skin.



INFO

Your child was treated at the wound clinic following surgery or an accident. This brochure explains what you have to do to make sure the scar heals well.

Advice



DID YOU KNOW?

The sun's rays can darken the scar until the healing process is complete. The darker colour will remain visible for life. This is why recent scars should not be exposed to the sun or should be well protected.

Compression

- No
- Yes

As of: _____

Cover the scar with medical adhesive tape for at least 3 months. Should the scar redden, thicken or swell, you should consult a surgeon to use another method. The health-care team can see your child again if necessary.

Sun screen

It is recommended not to expose scars to the sun for 18 months or to use sun block and apply it frequently.

When you buy a sunscreen for your child, pay careful attention to the sun protection factor (SPF 50) and choose a hypoallergenic mineral screen.

Whenever possible, protect scars with a cap or UV-protective clothing (sold in department stores and sportswear shops).

What to look out for

Whether or not your child has a fever, you should immediately consult a doctor if his or her scar:

- ▶ becomes red
- ▶ swells
- ▶ oozes
- ▶ causes pain.

Practical information

Contact

Division of Child and Adolescent Surgery
Plastic surgery consultation (by appointment)

📞 022 372 46 63

Division of Pediatric Specialties
Outpatient clinic (by appointment)

📞 022 372 40 01

Hôpital des enfants

Rue Willy-Donzé 6
1205 Genève

Accès

Tram 12, 18, arrêt
« Augustins »

Bus 35, arrêt
« Maternité-pédiatrie »

Bus 7, arrêt « Pédiatrie »

Léman Express, arrêt
« Genève-Champel »

Parkings

H-Cluse et H-Lombard

