

TREATMENT

The management of keloid scar depends on multiple factors. These include whether it is hypertrophic scar, small keloid scar or a dense large keloid scar. Treatment may include **steroid** with **5 fluorouracil** injections every 8-10 weekly for the first two categories and the last category most likely would require **surgical removal (excision)**.

Diagnosis starts with a **clinical assessment**- your doctor will take a history and carefully examine the scar. He will then determine the best mode of treatment: injectables vs surgery.

Surgery includes primary excision for moderate size keloids to a **skin graft** where a piece of **skin from another part of your body** may be used to cover the wound, helping it **heal** better and maintain **normal appearance** and **movement**. Your surgeon will recommend the approach that ensures complete removal while preserving the optimal cosmetic and functional result.



FAQ

Q: Will I be awake during the surgery?

A: Yes. The procedure is done under local anaesthetic, which means the area will be numb but you'll be awake and comfortable. You may feel some pressure or movement, but not pain.

Q: Will the keloid recur again?

A: There is always a chance that keloid may come back again. It is important to see the doctor every 2-3 months to review your wound/scar. He may recommend timely intervention with injectables.



KELOID SCAR

information for patients



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BSc, MBBS, FRNZCGP, PhD, GP with special interest in General and Skin cancer surgery. Senior Lecturer UoA School of Medicine, Clinical Governance Group for NHC (National Hauora Coalition)

Dr Satya Shanbhag and his dedicated team (Edlyn & Vhashika) run a busy and experienced skin clinic at the West Auckland Medical & Surgical Centre. Together, they provide **comprehensive assessment and management** of skin lesions/keloids for both community patients and those referred from the DHB.

The cost of treatment varies depending on the type and complexity of the procedure, and Dr Satya will be happy to discuss this with you during your consultation. For more information, please email nurse@wamsc.co.nz or visit www.wamsc.co.nz

Scar formation is a natural part of the skin's healing process whereby the body tries to repair damage, producing fibrous tissue called a scar.

Scar tissue is the same protein (collagen) as the tissue that it replaces, but the fiber composition of the protein is different; instead of a random basketweave formation of the collagen fibers found in normal tissue, in fibrosis the collagen cross-links and forms a pronounced alignment in a single direction. This collagen scar tissue alignment is usually of inferior functional quality to the normal collagen randomised alignment.

Certain factors increase the likelihood of hypertrophic and keloid scars which include age, location of trauma, nature of the injury, patient race and surgical technique, all of which play a role in the development of hypertrophic and keloid scarring. Such scars are more common in **young adults** and are more likely to occur on the **chest, shoulders, back** and **jawline areas**. Hypertrophic/keloid scars are more common in **Asians** and **dark skin** types and are also more common in **acne patients, burn injuries** and **surgical excisions**.



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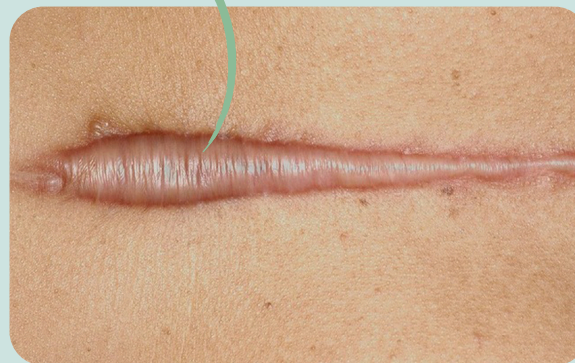
HYPERTROPIC SCAR

Hypertrophic scars occur when the body overproduces collagen, which causes the scar to be raised above the surrounding skin. These are not thick, dense scars and have a characteristic slight red tinge to the skin. These can be ideally treated just with steroid injections.



LARGE HYPERTROPIC OR SMALL KELOID SCARS

These scars mostly occur at tight creases, chest, arms and back. Some areas are hypertrophic and some have mixed keloids. These can be ideally treated with mix steroid injections. Usually has to be reviewed every 8-12 weeks post steroid injections.



THICK KELOID AND EAR KELOID

Thick and dense keloids, especially over the pinna and ear require surgical excision (removal). Some of the keloid scars can be removed through simple excision. Some large varieties may require flap or skin grafts



Hypertrophic and keloid scars are operated on for cosmetic appearance. Good early care post-surgery can prevent some of these scars.

You can contact **Dr. Satya Shanbhag** to book an appointment for a comprehensive discussion about non-surgical and surgical ways of dealing with these scars.