**SCARS MANAGEMENT**

A scar is a deposition of fibrous tissue that leaves a mark left on your skin, usually after an injury heals.

**What kind of scars do we take care?**

All kinds of scars are treated at Everlast. These include:

**Atrophic scars** – Atrophic acne scars can appear flat or sunken, and sometimes look like a hole in the skin. Examples: chickenpox, cystic acne, or extensive ultraviolet damage.

**Hypertrophic scars** – are raised, firm scars that grow above the surface of the skin. Examples: cuts, surgery, burns or even acne.

**Keloid scars** – This is also a raised scar. The main difference from a hypertrophic scar is that they can grow outside the wound area.

**Striae Distensae** (Stretch marks) – Stretch marks are also a form of scarring. These are caused when the skin is stretched rapidly, like pregnancy or rapid weight gain. Examples: Striae Rubrae, Striae Alba

**Scar Management:**

Scar management best works when treatments are combined. Lasers, cryotherapy, focused ultrasound, radiofrequency, acoustic waves, electromagnetic fields, injectables, collagen induction treatment, topical and minor surgeries. These are just few of the treatments one can opt for at EWMC for an effective and reliable results. EWMC also outlines a diet program to prevent scars or minimize their appearance.

**What does Scar Care treat?**

* Burn scars and oedema
* Scarring and oedema from traumatic injuries, including lacerations, friction wounds, dog and animal bites, contaminated wounds, self-harm
* Surgical wounds including surgical incisions, skin grafts, skin and muscle flaps
* Hypertrophic scarring
* Keloid scarring

**What does scar and oedema treatment help and prevent?**

* Scar redness
* Scar thickening
* Scar hardness
* Scar roughness
* Pain
* Itch
* Altered sensation
* Scar appearance
* Swelling

**How does Scar Care assist?**

* Assessment and monitoring of scar and oedema post-surgery and trauma
* Improvement in the quality of scar appearance and movement
* Reduction and maintenance of oedema
* Pain, itch and sensory management
* Return to activity, movement and function