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Scar care advice

***Information for
parents and carers***



Royal Aberdeen Children's Hospital

Your child's scar

As wounds heal they go through several changes. By following this advice, you can help reduce the scarring to a minimum. This will give your child the best cosmetic result for their scar, but it will not make the scar disappear completely.

Scar care

- After your child's stitches have been removed, paper stitches may be put over their wound/scar. After a few days, the paper stitches will start to come off by themselves. Sometimes soaking them in the bath will help.
- Using a bland moisturising cream (such as Nivea® or E45 cream®), begin to gently massage the area, increasing the pressure to a firm massage. This will prevent it from becoming dry and tight.
- Massage your child's scar three times a day. Keep doing this until the scar settles and doesn't become dry without the moisturiser. It may take longer than one year for the scar to settle.

- Your child's scar will be very sensitive to sunlight. It will become red and possibly blister unless it's protected from the sun. Cover your child's scar with a hat or clothing, or apply total sunblock regularly. Use a total sunblock for the first year at least. After this period, use a high factor sun cream.

REMEMBER – Unprotected exposure to the sun increases the risk of skin cancer.



Contact telephone number

If you have any questions about your child's scar please contact:

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☎ 01224