



Scar Management

Although scar formation is a natural part of the healing process, physiotherapy helps healing to give best results.

Methods of scar management

Before the wound has healed:

- the wound should be redressed on a regular basis until it has healed
- gentle exercising as taught by your physiotherapist will strengthen the healing wound
- splinting, if appropriate, will keep the hand in a safe position and prevent shortening of the soft tissues
- swelling needs to be kept to a minimum to help minimise the scar. This can be done by the use of elevation (keeping the affected part higher than the rest of your body), ice, and gentle exercises. Instruction will be given by your physiotherapist.

After the wound has healed:

It is normal for newly healed scars to be tender for a while.

- deep kneading massage with a non-perfumed moisturiser or E45 cream
- use of silicone gel or dermatix cream.

If you have any problems, please do not hesitate to contact your physiotherapist on:

Doncaster Royal Infirmary - 01302 644210

Bassetlaw Hospital - 01909 572302

Montagu Hospital - 01709 649190

Retford Hospital - 01777 863400

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: dbth.pals.dbh@nhs.net