GENERAL ALGORITHM FOR SCAR PREVENTION AND TREATMENT

Scar type	hypertrophic scars	keloids	painful scars	atrophic, underperfused scars
prevention	• **Tissue handling** ◦ parallel incision to the relaxed skin tension lines ◦ approximate the wound edges without excessive tension ◦ sutures lies in the eversion of the wound and the even distribution of tension • **Nutrition** • **Postoperative wound care** ◦ moisturizing ◦ silicone ◦ taping ◦ pressure ◦ avoid sun light **3 key principles: tension relief, hydration and pressure garments**			
early interventions	• costume made pressure garments with silicone inlays • corticoisteroid injections • massage	in combination: • silicones • pressure therapy • and intralesional injections	• topical lidocaine or capsaicin • topical antidepressants • electrostimulation	• CELT
later interventions after 6 months	• extend injections: 5-FU, CS+ 5-FU • surgical scar revision • resurfacing with supporting or preventive therapiy	• surgical excision combined with localized radiotherapy or intralesional cryotherapy	• CELT • botox injections	• CELT

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