



## Texas Children's Hospital Dermatology Service PCP Referral Guidelines- Hypertrophic Scars/ Small Keloids

## Diagnosis: HYPERTROPHIC SCARS/SMALL KELOIDS

## TREATMENT RECOMMENDATIONS:

- For new scars that appear to be thickening: daily photoprotection is essential for proper healing
- Daily massage may be beneficial
- Silicone gel sheeting can be purchased over-the-counter. Typically, these are adhesive sheets that should be cut to fit over scars. Adhesive sheets should be worn for a minimum of 12 hours per day. Adhesive sheets may be washed and reused until adhesive wears off (usually 1 week).

## **REFERRAL GUIDELINES:**

- For large lesions or for severe cosmetic deformity, please refer to plastic surgery
- For symptomatic scars or for thickened scars that might benefit intralesional steroid injections, please refer to dermatology. Please only refer patients who are willing to tolerate painful injections.
- Please do NOT refer the following
  - Flat or atrophic scars (as we do not have effective treatments)
  - Post-inflammatory hyperpigmentation/hypopigmentation/erythema (this is discoloration without surface change) as this will improve with daily sunscreen use and time.

Educational recommendations are made from the best evidence, expert opinions and consideration for the patients and families cared for by the service. This is NOT intended to impose standards of care preventing selective variation in practice that are necessary to meet the unique needs of individual patients. The physician must consider each patient's circumstance to make the ultimate judgment regarding best care.