

Care of a Minor Facial Scar

Information for Parents

Care of a minor facial scar

Scarred skin, whatever the size, needs more care and attention than normal skin. It may only be a small area, but it is worth looking after properly to make sure your child gets the best possible results – avoiding a ‘lumpy’ scar.

Washing the area

If your child has stitches to be removed, the area will need to be kept clean. First rinse the area with clean tap water, in a bath or shower. If rinsing is difficult the area may be washed gently with a freshly laundered cloth and warm tap water – no soaps, gels etc (although baby bath soap is allowed) and dried gently with a clean towel. Once the area is dry, apply a very thin smear of Vaseline (or the prescribed antiseptic ointment) with a clean fingertip.

These two steps should be carried out twice a day. If you notice the area becoming more red and swollen, and your child complains that it is very sore, please contact the Emergency Department or the Nurse Specialist on the numbers on the other side of the page.

Moisturising the area

Once the stitches have been removed (or if they have been the dissolving type), after five days you may begin to massage the area with a bland moisturizer, such as Nivea. Massage the cream in gently for the first week or so, until both you and your child are used to it. Thereafter you may begin to massage more firmly with circular movements of your fingertips. This will soften scar tissue and will make the area feel less tight, and therefore more comfortable.

Continue this massaging for at least three months, at least twice a day. By doing this you will be making sure that your child’s scar will be less noticeable in the future.

Sometimes silicone gel will be prescribed such as Kelo-Cote scar gel to help settle the scar, especially if on an area prone to overactive scars such as the anterior chest (the front of the chest).

Contact Telephone Numbers

If you have any further questions, please contact:

Emergency Department on **0131 312 0007**

or

The Nurse Specialist on **0131 312 0107**

Mon - Fri, 8am – 3.30pm (24-hour answer phone)

Royal Hospital for Children and Young People
50 Little France Crescent
Edinburgh EH16 4TJ
Tel.: **0131 536 1000**

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