

## Information for Patients

# Caring For Your Scar

As your wound is healing, scar tissue is being formed. This scar will need care as it takes between 18 months and 2 years before it is fully healed. During this time the scar could become red, hard and raised, or it might become tight. Frequent massaging of the area can reduce these complications.

Please use the following instructions:

- Wash the affected area as normal, unless otherwise instructed.
- Wash and dry your hands.
- Apply small amounts of the eye ointment (Lacrilube) which has been prescribed by your doctor, or can be bought over the counter at the chemist.
- Massage the ointment around and over the scar as much as possible every day, but without making the skin sore. The nurse will show you how to do this.

Do not worry if the ointment goes into your eye.

Occasionally patients could be intolerant to the ointment. This can cause itching, redness and swelling. If you know that you are intolerant to any antibiotic or cream, please tell the nurse caring for you. If you have any of these symptoms please contact us on the number below so that a different ointment can be prescribed.

**Remember to wash the area as normal to prevent any build-up of ointment.**

It is advisable to use a high factor sun screen on the scar such as total sun block, as it might be more susceptible to sunburn for the next two years. It is

advisable that you continue to use sun block on the scar after this time, whenever exposed to strong sunlight.

If you have any questions regarding this information please telephone the Nurse Practitioner on (0161) 276 5240, Monday – Friday, 9.00am - 5.00pm or Ward 55 on (0161) 276 5512 (24 hours) every day.