

## **INSTRUCTIONS for EXCISION and CLOSURES of KELOIDS**

### **Nonsurgical Treatments for Keloids include the following:**

1. *Corticosteroid shots.* Steroid shots help to shrink the scar but don't remove the entire keloid. Usually steroid injections are performed with other modalities like surgery.
2. *Freezing the scar.* Cryotherapy can be used to reduce the hardness and size of the keloid but it rarely reduces the entire keloid and is used with other treatments.
3. *Wearing silicone sheets* over the scar. May call Mercy Supply 888-637-2912 ext 1921 Kim or [order@mercyscb.com](mailto:order@mercyscb.com) for Cicca care 4"x 6" sheet that may be cut to fit and is adhesive. [www.smith-nephew.com/key-products/advanced-wound-management/cicacare/](http://www.smith-nephew.com/key-products/advanced-wound-management/cicacare/)
4. *Pressure therapy* Coiled Clip on earrings can be effective but must be worn for 16 hours for 4-6 weeks to see results. They may be purchased online.

*Before surgery* is scheduled for keloid removal you will need to schedule an appointment with the **radiation oncologist at Washington hospital** at 724-223-3788 for the initial lesion evaluation and determination of insurance coverage for the postoperative radiation. You may schedule the keloid removal at our office Monday through Wednesday in the morning. After the excision and closure you will need to drive to the Washington hospital radiation center for the first of 3 radiation treatments. The radiation will reduce the incidence of recurrence (1) but the keloid may still come back over time.

### **Postoperative instructions**

You will probably experience some pain or numbness at the wound site. An over the counter medication (i.e. Tylenol) may be taken. If you have been given antibiotics take them until they are completed. Keep the wound clean. Remove the Band-Aid prior to showering. You may use hydrogen peroxide to break up a scab that may form. Do not submerge the wound in water. Leave steri-strips intact. You may replace the Band-Aid after showering. When appropriate, elevate the surgical site during the first 2 days. You may apply ice to the area 45 minutes of every hour. No swimming or hot tubs for 6 weeks. Avoid any trauma or injury to the wound. Limit stress to the incision site and do not lift more than 8 pounds. Occasionally you may experience a small amount of drainage from the treated site, especially after cyst removal. This may last for 2-5 days. Please keep the area covered with a bandied. The drainage may appear bloody. Usually the drainage will stop, but if it persists then apply steady pressure to the area for 10 minutes. The outer bandage may be removed however, leave the steri-strips intact. Use sunscreen liberally on scars after 4 weeks. Return to the office for your follow up appointment as scheduled \_\_\_\_\_

1. <https://www.ncbi.nlm.nih.gov/books/NBK499973/> Link: Radiation Therapy in the Treatment of Keloids

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**amypare.com** for instructions and forms

**Telemedicine available** through Skype, Facetime and Zoom