

疤痕手術及治療

Scar Surgery & Therapy



整形外科中心
Plastic & Reconstructive
Surgery Centre



養和醫院
HONG KONG SANATORIUM & HOSPITAL

疤痕手術及治療

暗瘡、蚊叮蟲咬、意外創傷或手術引致的傷口，會傷害皮膚的完整性。即使傷口會於一至兩星期內癒合，皮膚組織仍有機會出現紅腫及凸起的疤痕，一般會於六至九個月內逐漸消退。然而，部份人的疤痕不單不會消退，皮膚組織更會變得又硬又凸。嚴重者甚至會擴散至傷口以外的皮膚組織，又紅又癢。過度活躍的皮膚纖維細胞會製造大量骨膠原，令疤痕持續生長兼凸起，引致敏感、痕癢、疼痛及繃緊等反應。

明顯的疤痕一般可分為三大類：

凹陷疤痕

源於皮膚組織受損，真皮組織無法及時填補。常見於水痘及暗瘡。

增生性疤痕

來自傷口癒合時製造及積聚過多骨膠原，令傷口凸起、光滑及呈暗紅色。

疤痕疙瘩

別名癩痕瘤、蟹足腫，其生長超越傷口範圍，令傷口凸出、變圓及變硬。邊緣呈不規則及爪狀，會有痕癢及刺痛的感覺。

減退疤痕的方法



手術前

手術後

要疤痕消失，並非易事。不過，現時的激光、藥物及手術，讓疤痕有所改善，不再有礙觀瞻。

1. 手術修補法

手術除可收細疤痕外，亦會將凹凸不平的疤痕分成數段，再按皮膚紋理，將疤痕變成波浪或近似皺紋的形狀，令其看來不太明顯。

2. 激光治療法(如脈衝染料激光及分段雙層集束激光)

利用激光特有的波長，以收緊微絲血管或改善增生性疤痕。新一代激光系統，能有效改善泛紅的疤痕。

病人需每月接受多次激光治療，方為有效。

3. 皮下幼針切痕法

在疤痕皮下深處用幼針放鬆纖維組織，令疤痕彈起，以改善凹下的疤痕。同時可注射透明質酸填補下陷位置。透明質酸一般可維持三至六個月；要效果持久，可選擇將身體其他部位的脂肪移植至下陷的疤痕。

4. 矽膠布及壓力衣

穿著為病人度身訂造的壓力衣，可以抑制凸起的增生性疤痕及疤痕疙瘩。坊間另有原理類近的矽膠布，以壓力改變骨膠原的排列方式。

5. 注射類固醇

可抑制骨膠原的製造，減輕痕癢及刺痛，縮細疤痕。每月接受1至2次疤痕疙瘩注射，可達致最佳效果。

6. 術後電療

單靠手術切除疤痕疙瘩，手術傷口會有機會再長出更大的新疤痕，復發率極高；若配合電療，疤痕復發的機會率可降至15至20%。

專科診症，歡迎致電本中心預約

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Acnes, mosquito or bug bites, injuries from accidents or surgical wounds—they all impair skin integrity. Even though the wound may heal within 1 to 2 weeks, it still leaves red swellings and protruding scars in the skin tissue. While most of them usually disappear within 6 to 9 months, some scars may remain as stiff and elevated as ever with no improvement. In serious cases, they may even spread beyond the original site, causing further itchiness and swelling. Massive production of collagen by hypersensitive skin cells may stimulate scar growth, heightening skin reaction, itchiness, pain and tightness.

Conspicuous scars are categorized as follows:

Depressed Scar

It is common in chicken pox and acne, mostly caused by the late replacement of damaged skin tissue.

Hypertrophic Scar

A wound may produce collagen in excess while healing. Excessive collagen accumulates in the scar, making it look elevated, smooth and firm red.

Keloid Scar

It spreads beyond the original wound, making the area elevated, curved and hard. Its fringe area may appear uneven and claw-like with itchy and stingy sensations.



Before surgery

After surgery

While it is no easy task to get rid of unsightly scars, today one can make them less obvious with the help of laser, medication and surgery.

1. Surgery

Excisional surgery can narrow a scar or divide it into numerous segments. These segments are then transfigured into wave or wrinkle-like patterns, all in close resemblance to one's natural skin color and texture.

2. Laser Treatment (e.g. Pulsed Dye Laser & AFFIRM Fractional laser)

By applying laser of a specific wavelength, the treatment can reduce micro-capillaries and modify collagen. A new generation of laser systems can help improve reddish scars.

Multiple treatments are required every month for optimal results.

3. Subcision by Needling

A fine needle is inserted into the tissue below the scar to release and push up the depression. Hyaluronic acid is also injected to fill up the depressed area. The acid may last 3 to 6 months. For long-term effects, fat transplanted from other areas is used as the filling material.

4. Silicone Adhesive & Pressure Garment

Patients can restrain the growth of hypertrophic scar and keloid scar by wearing tailor-made pressure garment. One may also use silicone adhesive that applies pressure to the skin and rearrange the collagen pattern.

5. Steroid Injection

It can inhibit collagen production, relieve itchy, stinging sensations and shrink the scars. 1 to 2 injections are required every month for optimal results.

6. Post-Op Radiotherapy

Surgery cannot definitely remove keloid scars. It is highly probable that a bigger scar may grow again in the wound unless the surgery is complemented with radiotherapy. It can reduce the rate of recurrence to 15 to 20%.

For appointment, please contact us at:

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