



暗瘡、蚊叮蟲咬、意外創傷或手術引致的傷口，均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6至9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膠原蛋白，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膠原蛋白，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。

### 疤痕治療

要疤痕消失並非易事。不過，現時的激光、藥物及手術可改善疤痕，不再有礙觀瞻。

#### 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。

#### 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。

#### 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3至6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。

#### 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。

#### 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。每月接受一至兩次疤痕疙瘩注射，可達致最佳效果。

#### 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%。



# SCAR SURGERY & TREATMENT

## 疤痕手術及治療

### HKSH Plastic & Reconstructive Surgery Centre

#### 養和整形外科中心

#### CONSULTATION HOURS

Monday to Friday  
10:00am – 6:00pm

Saturday  
9:00am – 1:00pm

Closed Sundays and Public Holidays  
Consultation by Appointment

#### 診症時間

星期一至五  
上午 10 時至下午 6 時

星期六  
上午 9 時至下午 1 時

星期日及公眾假期休息  
敬請預約

### HKSH Healthcare Medical Centre

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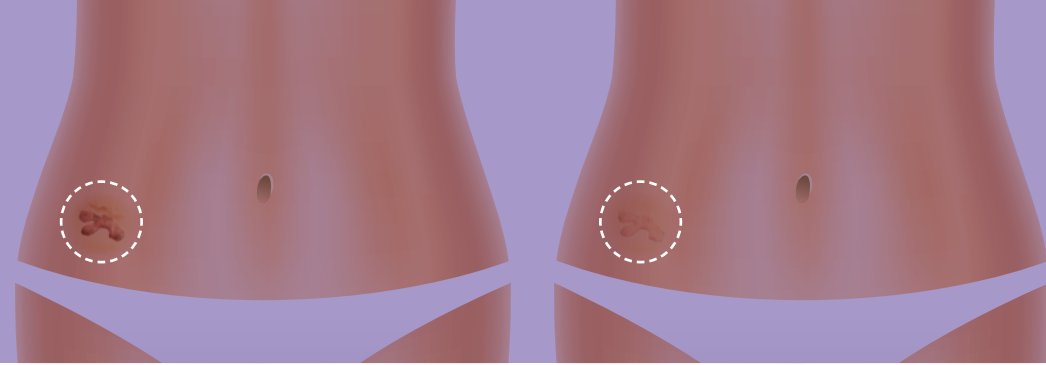
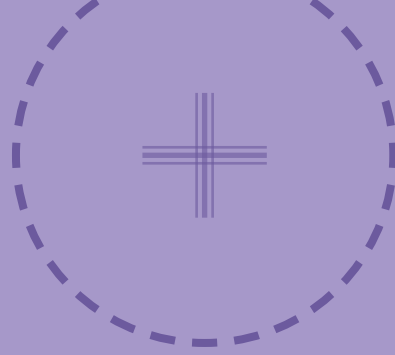
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HKSH Plastic & Reconstructive  
Surgery Centre

養和整形外科中心

# SCAR SURGERY & TREATMENT

## 疤痕手術及治療



Acne, mosquito or bug bites, injuries from accidents or surgical wounds can all impair skin appearance. Even though wounds may recover within one to two weeks, the red swelling can persist and protruding scar tissue can also develop. While most scar tissues usually disappear within six to nine months, some scars may remain elevated and stiff with no visual improvement. In serious cases, they may even spread beyond the original wound site. Excessive production of collagen by hypersensitive skin cells stimulates scar growth, heightening skin sensitivity, causing itchiness or even pain.

Conspicuous scars are categorised as follow:

### Depressed Scar

Commonly seen in chicken pox and acne cases and mostly caused by late replacement of damaged skin tissue.

### Hypertrophic Scar

Excessive collagen production during wound healing may cause the resulting scar to look elevated with smooth texture and pinkish-red in colour.

### Keloid Scar

Another type of overgrowth of scar tissue that extends beyond the boundary of the original wound, making the entire area elevated, curved and hard. The surrounding area may also look uneven and claw-like, and an itchy or stinging sensation is not uncommon.

## TREATMENT

While it is challenging to eliminate unsightly scars, one can make them significantly less obvious today with the help of surgery, laser or medication.

### Surgery

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

### 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 also improve appearance of reddish scars. Multiple treatments are required for optimal results.

### Subcision by Needling

A fine needle is inserted into the tissue below the scar to release and push up the depression. Hyaluronic acid is then injected to fill up the depressed area. The acid usually lasts for three to six months. For long-term effects, fat transplanted from other body areas is used as the filling material.

### Silicone Adhesive & Pressure Garment

Patients can restrain the growth of hypertrophic and keloid scars by wearing tailor-made pressure garments. One may also use a silicone adhesive to apply pressure to the skin and rearrange the collagen pattern.

### Steroid Injection

Steroid injections can inhibit collagen production, relieve itchy or stinging sensations and shrink the scar. One to two injections are required monthly for optimal results.

### Post-Operative Radiotherapy

Surgery cannot guarantee that an initial removal of keloid scar will not recur as scar tissue at the wound site grows back. However, if surgery is complemented with radiotherapy, the rate of recurrence can be reduced by 15 to 20%.

