

Wearing a splint for a keloid scar on your ear

Prosthesis Clinic

Information for Patients

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What is a keloid scar?

When a wound heals, it leaves a scar. A keloid scar is one that becomes thick, lumpy, raised and larger than the original wound. It can be pink, red, skin-coloured or darker than the surrounding skin.

They can develop after very minor skin damage, such as an acne spot or a piercing, and spread beyond the original area of skin damage. They are more common on the upper chest, shoulders, head (especially the earlobes after a piercing) and neck, but they can happen anywhere.

What is a splint?

You have been provided with a keloid splint for a keloid on your ear.

It is a device that will provide pressure to the scar to control it and prevent it from growing.

This leaflet will tell you how to put on, wear, remove and clean your keloid splint.



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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I put on and remove my keloid splint?

Before you attach your splint make sure your hands, your scar and the surrounding areas of skin are dry. Make sure the splint is clean and dry too.

It is best to do this in front of a large mirror with a towel placed down in front of you, in case any parts of the splint fall as you are attaching it.

1. The splint is in 2 parts. First fit the 'hinge' part, carefully opening it up just enough to go over your keloid. The location into the front of the ear helps to fit it in the correct place.
2. The second part fits directly over the first hinge part, by carefully opening just enough to pass over.
3. Removal is the reverse of these actions, removing in 2 separate parts.

How long do I need to wear my splint?

Start by wearing the splint for 2 hours on the first day and slowly increase until you're at 18 to 22 hours per day (this should take 2 weeks to increase).

It is important to remove the splint every day to allow skin tissue to 'breathe', and to clean the splint and your skin.

Typically you will need to wear the splint between 18 to 24 months.

How do I clean my splint and how often?

The splint and the skin that the splint sits on should be cleaned 1 to 2 times a day. Clean the splint with warm water, a mild antibacterial soap and a soft brush. Avoid using hot or boiling water, or any cleansers containing bleach or chemicals.

The area of skin covered by the splint should also be cleaned using warm water and a mild soap.

Make sure both are dry before reattaching the splint.

What should I do if I have any problems?

If the splint is causing sudden discomfort or pain, check that it is in the right place, as sometimes not positioning the splint correctly can cause the skin to get caught.

If you have any soreness, skin irritation, pain, discharge or bleeding, stop wearing immediately and contact the Maxillofacial Laboratory. We can adjust your existing splint to make it more comfortable, or remake the splint if needed.

Oral & Maxillofacial Surgery: 0116 258 5671
Maxillofacial Laboratory/ Prosthesis Clinic: 0116 258 5255
Monday to Friday - 9am to 5.30pm.

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