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Wearing a splint for a keloid scar on your ear

Prosthesis Clinic

Information for Patients

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What is a keloid scar?

- A keloid scar is when the scar becomes thick, lumpy, raised and larger than the original wound.
- It can be pink, red, skin-coloured or darker than the skin around it.
- It can be itchy and painful.

Why do you get keloid scars?

- You can get a keloid scar after skin damage, such as an acne spot or a piercing. It can spread more than the original area of the 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 are the treatment options for keloid scars?

- Surgery (to remove the keloid)
- Steroid injections (help flatten)
- Keloid splint (apply gentle pressure after surgery)
- Silicone gel
- Combination of the above

What is a keloid splint?

- It is a specially made for you
- Applies gentle pressure to the scar
- This may help stop the keloid scar from growing again (recurrence)

What is involved in my treatment?

You will need to attend 2 outpatients visits to the Maxillofacial department at Leicester Royal Infirmary.

1. To take an impression of your keloid scar.
2. To fit your keloid splint.

How do I fit and remove my keloid splint?

- The keloid splint has 2 parts (bottom and top parts).
- Fit the bottom part first (hinge part).
- Fit the top part over the bottom part.
- To remove it you need to take off the top part off first and then the bottom part.

How long do I need to wear my splint?

- Build wear up slowly over the first week of wear.
- Wear your keloid splint for 18 to 22 hours a day.
- You must take the splint off every day to let your skin tissue ‘breathe’.
- It is recommended to wear splint for 18 to 24 months after it has been given to you.

How do I clean my splint and how often?

- Clean the splint with warm water, a mild antibacterial soap and a soft brush.
- Clean the area of skin covered by the splint with warm water and a mild soap.

When do I stop wearing my keloid splint?

- After 2 years of wear, reduce wear slowly. Only wear the keloid splint every other day.

What should I do if I have any problems?

- If the splint is causing sudden discomfort or pain, stop wearing it right away.
- Any signs of recurrence (growth) contact the Maxillofacial Laboratory for advice.

Contact details

Maxillofacial Laboratory/ Prosthesis Clinic:	**0116 258 5255**
Oral & Maxillofacial Surgery:	**0116 258 5671**
	Monday to Friday, 9am to 5pm.

If you have any questions, write them down here to remind you what to ask:

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