

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 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.

You can get a keloid scar after very minor 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?

- **Silicone:** Silicone can be used to help soften and flatten keloid scars. Silicone can also help with itching. Silicone can be used as a gel or sheet and worn alongside a keloid splint.
- **Splint:** We will give you a keloid splint for a keloid on your ear. It is a device that is made to fit around your keloid scar to give pressure to the scar. This will control it and stop it from growing.

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

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How do I wear and remove my keloid splint?

1. Clean and dry your hands, your scar and the skin around the area. Make sure the splint is clean and dry too.
2. Stand in front of a large mirror with a towel placed down in front of you. This is to help you catch any parts of the splint that fall as you are attaching it.
3. The splint is in 2 parts. First fit the 'hinge' part. Carefully open it up just enough to go over your keloid. The shape of the front ear should help to fit it in the correct place.
4. The second part fits directly over the first hinge part. Carefully open it just enough to pass over.
5. To remove it you need to take off the second part and then the first part.

How long do I need to wear my splint?

Start by wearing the splint for 2 hours on the first day. Slowly begin to wear it for 18 to 22 hours a day. You should do this increase over the course of 2 weeks.

You must remove the splint every day to let your skin tissue 'breathe'. You must also clean the splint and your skin.

Typically you will need to wear the splint for 18 to 22 hours per day for 18 to 24 months.

How do I clean my splint and how often?

Clean the splint with warm water, a mild antibacterial soap and a soft brush. Do not use hot or boiling water to clean. Do not use cleansers that have 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 putting on 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. 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 right away. Contact the Maxillofacial Laboratory. We can adjust your splint to make it more comfortable, or remake the splint if needed.

