

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Protocol**  
**Scar Tissue Revision**

**Problem**

- The scarring of the skin causing contracture to the joints of the hand

**Cause**

- This can be caused by either trauma or surgical wounds, which led to formation of scar tissue in the skin, which contracts down leading to deformity.

**Diagnosis**

- Contracture is usually obvious and visible
- History of trauma or surgery

**Treatment**

- The scar can usually be broken up by performing 'Z-plasties' which really only take the scar into a zigzag fashion.
- Occasionally the scar tissue can be completely excised and skin grafted
- This would suit being done under a General or Regional Anaesthetic.
- Day surgery procedure

**Potential Complications**

- Infection
- Haematoma
- Post Operative Stiffness
- Recurrence of contracture

**Post Op Care**

- The patient may require plaster or splinting
- The wound would be reviewed at ten days
- Hand therapy to soften recurrent scar and keep joints stretched out. P