



Texas Children's Hospital



**Texas Children's Hospital  
Dermatology Service**

**PCP Referral Guidelines- Hypertrophic Scars/ Small Keloids**

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Diagnosis: **HYPERTROPHIC SCARS/SMALL KELOIDS**

**TREATMENT RECOMMENDATIONS:**

- For new scars that appear to be thickening: daily photoprotection is essential for proper healing
- Daily massage may be beneficial
- Silicone gel sheeting can be purchased over-the-counter. Typically, these are adhesive sheets that should be cut to fit over scars. Adhesive sheets should be worn for a minimum of 12 hours per day. Adhesive sheets may be washed and reused until adhesive wears off (usually 1 week).

**REFERRAL GUIDELINES:**

- For large lesions or for severe cosmetic deformity, please refer to plastic surgery
- For symptomatic scars or for thickened scars that might benefit intralesional steroid injections, please refer to dermatology. Please only refer patients who are willing to tolerate painful injections.
- Please do NOT refer the following
  - Flat or atrophic scars (as we do not have effective treatments)
  - Post-inflammatory hyperpigmentation/hypopigmentation/erythema (this is discoloration without surface change) as this will improve with daily sunscreen use and time.