

Contractures

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Scar contractures can cause severe functional, psychological and aesthetic problems (Figure 3.19). Contractures across joints may restrict the range of movement, leading to deformity , - impairment and disability . Contractures may also result from the differential growth pattern between scar and surrounding tissues. - Surgical contracture release and reconstruction can be an effective treatment option. A key principle is the replacement of scar tissue with healthy tissue. A wide range of reconstructions are described (Summary box 3.4) and typically involve 14 skin grafts or flaps (more information can be found in Part 6). - Local flaps such as Z-plasty (Figure 3.20) and its variants can be used to lengthen and transpose the scar. Many other local flaps have been described, including Y-V , V-Y and W-plasty . Free flaps may be required for resurfacing severe contractures. In general, flaps are preferable to skin grafts because of - graft contracture. When skin grafts are used, full thickness is preferred to split thickness as they have a better texture and contract less during healing.

(red/raised) (dark/raised) Intralesional corticosteroids Silicone gel/sheeting + a intralesional corticosteroids 5-FU + intralesional corticosteroids b Fractional or pulsed-dye laser therapy Patient counselling regarding recurrence rate and expectations Surgical excision with adjuvant • Silicone gel or sheeting or intralesional corticosteroids or both • Radiotherapy • Alternative therapies (bleomycin, mitomycin C, imiquimod) Figure 3.18 Management algorithm for keloids. Light grey indicates initial management strategies; dark grey indicates secondary management options. Cryotherapy may be used in conjunction with intralesional corticosteroids, depending on physician experience and comfort with its application. Ablative fractional lasers are the preferred initial laser therapy option for patients with minor keloids. 5-FU, 5-fluorouracil. (Redrawn with permission from Gold MH, McGuire M, Mustoe TA et al . Updated international clinical recommendations on scar management: part 2-algorithms for scar prevention and treatment. Dermatol Surg 2014; 40 (8): 825-31.)

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