# 疤痕管理居家计划

## Scar Management Home Program (Chinese)

### 疤痕按摩: Scar massage:

- 按摩疤痕以软化组织，并且使它不那么敏感

  Massage your scar to soften tissue, and to make it less sensitive

- 用有力且均匀的力道，按压疤痕及周围区域，每次 3-5 分钟，每天 2-3 次

  Rub scar and surrounding area with firm, even pressure for 3-5 minutes at a time, 2-3 times per day

- 您可以使用乳液来增加舒适度

  You may use lotion to improve comfort

- 避免用于有开放伤口的区域及缝线

  Avoid open areas and stitches

### 硅胶片用途: Silicone gel sheet use:

- 敷用凝胶片以软化和压平疤痕组织:

  Wear your gel sheets to soften and flatten scar tissue:

  - 如果您有薄的凝胶片，比如 Mepiform® 美皮护疤痕贴:

    - 持续敷用，但洗澡和做疤痕按摩时要取下来

  - If you have thin gel sheets, i.e., Mepiform®:
    - Wear all the time but remove to bathe and complete scar massage

  - 如果您有厚的凝胶片:

    - 夜间敷用

- ▪ 用压缩手套或套筒固定到位

  - o If you have thick gel sheets:

    - ▪ Wear at night

    - ▪ Hold in place with your compression glove or sleeve

- 每天清洗并晾干凝胶片

  Wash and air-dry gel sheet daily

- 如果您出现皮疹，请停止使用凝胶片

  Stop using gel sheets if you develop a rash