

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
 - 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

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