

## **Reduction of Small Hypertrophic Scars: A New Approach**

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### **ABSTRACT**

Over the last two years, many clients have been referred to the Occupational Therapy Department of the Children's Hospital of Eastern Ontario for the management of small hypertrophic scars. Traditional application of a pressure garment was not practical in these cases. The clients were more receptive to using hydrogel inserts, applied directly over the scar and secured with either an adhesive dressing or an elastic bandage. This lends one to the clinical question: Do hydrogel inserts have an effect on small hypertrophic scars?

Preliminary findings demonstrate clinically significant improvements in the parameters assessed. The results of this preliminary investigation are discussed. Implications for clinical use are also presented.

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