

Multimodality therapy of keloid and hypertrophic scar to  
control the recurrence

Naoki Murao<sup>1,2</sup>, Toshihiko Hayashi<sup>1</sup>, Taku Maeda<sup>1</sup>, Yuhei Yamamoto<sup>1</sup>

<sup>1</sup>Department of Plastic and Reconstructive Surgery, Faculty of Medicine and Graduate School of Medicine, Hokkaido University, Hokkaido, Japan

<sup>2</sup>Department of Plastic and Reconstructive Surgery, Tonan Hospital, Hokkaido, Japan

Keloids are treated with a multimodal approach that consists of multiple types of conservative treatment and surgery. This reflects the fact that surgery alone associates with recurrence rates of 40–100%. Consequently, keloids can only be resected if surgery is followed by adjuvant therapies that can control recurrence. In our institution, the adjuvant therapy options include radiotherapy and steroid therapy; the latter consists of local steroid injection and/or topical application. It is essential to apply adjuvant therapies as soon as the smallest signs of recurrence (e.g. slight elevation) arise: if the postoperative scar demonstrates elevation and horizontal growth that is equal to or greater than before surgery, it will be much more difficult to treat the lesion with adjuvant therapies. Thus, we combine multimodal therapy with close postoperative observation to both reduce the recurrence rate and rapidly treat any recurrence before it becomes unmanageable with conservative means.