



# Response to Letter: Comments on Management of Keloid Scars: Noninvasive and Invasive Treatments

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Keloid scars can cause not only physical and aesthetic impairment but also psychosocial sequelae, which can further impair quality of life.<sup>1,2</sup> They show significant pain, persistent itching, stiffness, and scar contracture.<sup>1,2</sup> In addition, they can have psychological effects, including diminished self-esteem, disruption of daily life, anxiety, and depression.<sup>1-3</sup>

Currently, various treatment options for the treatment of keloid scars have been introduced. Nevertheless, the scars cannot be eradicated completely and the treatment of scars often takes several months.<sup>4</sup> Physical symptoms, such as pain, itching, stiffness, and contracture, are targeted for aggressive treatment, but there is no guidance on psychological factors.<sup>4</sup> Besides, the psychosocial impact of scars is hard to standardize as individual response to scars is not generalizable.<sup>3,5</sup>

This deficiency of management of psychological factors might be due to inadequate training, insufficient clinical experiences, or lack of awareness of their responsibility.<sup>4</sup>

Multidisciplinary approach is required in the recognition and management of psychosocial effects associated with scars. Multidisciplinary team should include experts including dermatologists, plastic surgeons, general surgeons, medical, rehabilitation and burn specialists, psychosocial and behavioral researchers, epidemiologists, and beauticians.<sup>1</sup>

The treatment should start before scarring in inpatient and outpatient setting to explain to patients what scars are, why they form, how to prevent and treat them, and how to manage potential psychosocial effects.<sup>5</sup>

Within this multidisciplinary approach, plastic surgeons should be aware of that it is our role to overall manage the keloid scars and overall patient quality of life.

## Conflict of Interest

None declared.

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