

(20)

多模式疤痕治療

Multimodal Scar & Keloid Management

時間：115年6月27日(星期六) 13:50~17:00

地點：臺北榮民總醫院 致德樓第八、九會議室

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|--------------------|--|---|
| 13:50-14:00 | Opening Remarks | 王天祥醫師 Tien-Hsiang Wang |
| | 座長：王天祥 醫師 (Tien-Hsiang Wang) | |
| 14:00-14:20 | 蟹足腫與病態性疤痕的手術治療策略 Surgical Approaches for Keloid and Pathologic Scar Management | 蔡嘉軒醫師 Chia-Hsuan Tsai |
| 14:20-14:40 | 蟹足腫放射治療：劑量、時機與臨床經驗 Radiotherapy for Keloids: Protocols, Timing, and Clinical Outcomes | 熊佩韋醫師 Pei-Wei Shueng |
| 14:40-15:00 | 中醫觀點的疤痕治療：針灸、藥物與調理 Traditional Chinese Medicine in Scar Treatment: Acupuncture, Herbal Therapy, Regulation | 葉沅杰醫師 Yuen-Chieh Yeh |
| 15:00-15:30 | Coffee Break | |
| | 座長：彭成康 醫師 (Cherng-Kang Perng) | |
| 15:30-15:50 | 蟹足腫與肥厚性疤痕的多模式非手術治療 Multimodal Non-Surgical Management of Keloids and Hypertrophic Scars | 王修含醫師 Shiou-Han Wang |
| 15:50-16:10 | 白疤治療：白疤顏色再生術 Treatment of White Scar: Color Regeneration with Microdermal Melanocyte Grafting | 曹賜斌醫師 Su-Ben Tsao |
| 16:10-16:30 | 蟹足腫與肥厚性疤痕的雷射治療 Laser Therapy for Keloids and Hypertrophic Scars | 張長正醫師 Chang-Cheng Chang |
| 16:30-16:50 | 疤痕遮蓋與美容應用 Scar Camouflage and Aesthetic Techniques | 資生堂社會關懷美容中心 Shiseido Life Quality Makeup |

Surgical approaches for keloid and pathologic scar management

蟹足腫與病態性疤痕的手術治療策略

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林口長庚紀念醫院 整形外科

Keloids and hypertrophic scars are fibroproliferative disorders of the skin that result from abnormal healing of injured or irritated skin. Multiple studies suggest that genetic, systemic, and local factors may contribute to the development and/or growth of keloids and hypertrophic scars. Moreover, the severity of scarring is shaped by interactions between these local factors, genetic factors, and systemic factors such as hypertension and sex hormones. The Asian population is challenged with a high incidence of keloid occurrence with a specific genetic predominance. The annual reported incidence of new keloid cases in Taiwan is around 30,000. Nowadays keloid therapy included: surgery plus radiotherapy, compression therapy, steroid injection, cryotherapy and laser treatment. Surgery with adjuvant radiotherapy approach is thought to have the most significant effect on decreasing recurrence rate. I will present some preliminary reports revealed convincing evidence of feasibility and effectiveness of applying adjuvant radiotherapy after keloid excision at Chang Gung Memorial Hospital in the Taiwanese population.

Radiotherapy for keloids: Protocols, timing, and clinical outcomes

蟹足腫放射治療：劑量、時機與臨床經驗

Pei-Wei Shueng

熊佩韋

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亞東紀念醫院 放射部

Radiotherapy has become an important adjunctive treatment in the management of keloids, particularly when combined with surgical excision. This lecture will review the biological basis of radiation therapy for keloid control and summarize commonly used treatment protocols in clinical practice. Key topics include optimal dose fractionation, timing of postoperative irradiation, and techniques used to minimize complications while maximizing treatment efficacy. Evidence from recent clinical studies will be discussed, together with institutional experiences in treating difficult or recurrent lesions. Through case examples, participants will gain insight into how radiotherapy can be integrated into a comprehensive treatment strategy for keloid patients and how multidisciplinary collaboration improves clinical outcomes.

Traditional Chinese Medicine in scar treatment: Acupuncture, herbal therapy, regulation

中醫觀點的疤痕治療：針灸、藥物與調理

Yuan-Chieh Yeh

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基隆長庚醫院 中醫科

Traditional Chinese Medicine (TCM) offers a different perspective in the management of scar disorders through a holistic approach that focuses on systemic balance and tissue healing. This lecture will introduce commonly used TCM modalities in scar treatment, including acupuncture, herbal medicine, and constitutional regulation. The underlying theoretical concepts of Qi, blood circulation, and inflammatory balance will be explained in relation to scar formation and tissue remodeling. Clinical experiences and examples will be presented to illustrate how TCM interventions may complement conventional medical treatments. The session aims to broaden the understanding of integrative approaches to scar care and explore how traditional therapies may contribute to symptom control and functional improvement in selected patients.

Multimodal non-surgical management of keloids and hypertrophic scars

蟹足腫與肥厚性疤痕的多模式非手術治療

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Keloids and hypertrophic scars are fibroproliferative disorders resulting from abnormal wound healing and are often associated with pruritus, pain, stiffness, cosmetic disfigurement, and recurrence. Their pathogenesis involves persistent inflammation, fibroblast dysregulation, abnormal collagen deposition, angiogenesis, and mechanical tension. Optimal management therefore requires individualized, multimodal, non-surgical strategies rather than single-modality treatment.

Pulsed dye laser, intralesional corticosteroid injection, botulinum toxin A injection, and cryotherapy represent important non-surgical treatment modalities for active and symptomatic scars. Corticosteroid injection remains a mainstay for reducing inflammation, thickness, and symptoms. Cryotherapy is particularly useful for elevated or bulky lesions and may facilitate scar flattening. Botulinum toxin A has emerged as a promising adjunct through tension reduction and possible modulation of profibrotic signaling. Pulsed dye laser is especially valuable in erythematous, symptomatic, or vascular-active lesions and is often most effective when incorporated into combination treatment. Silicone-based products may also serve as useful adjuncts in home care and long-term scar management.

This lecture will review practical multimodal strategies for non-surgical management of keloids and hypertrophic scars, with emphasis on pulsed dye laser, intralesional corticosteroid injection, botulinum toxin A injection, and cryotherapy.

Treatment of white scar: Color regeneration with microdermal melanocyte grafting

白疤治療：白疤顏色再生術

Su-Ben Tsao

曹賜斌

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曹賜斌整形外科診所

White scars are often obvious and very difficult to treat or mask. They will remind and expose patients' unpleasant past events, such as suicide, bullying, cleft lip disease, cosmetic surgery, etc. So, every patient usually asks for removal of it.

But no current treatment can remove the white scar, either surgery or laser therapy. Here we have established a brand-new technique called "Microdermal grafting for white scar color regeneration" to solve the tough problem.

The first paper was published on *Aesthetic Surgery Journal* in 2019, and the second advanced paper was published on the same journal in 2021. Around six hundred patients have been treated during the past 6 years in our clinic, their surgical results are as follows: 50% improvement rate of skin color regeneration for first session treatment, 80% for second session, 90% for third session. The interval between each session is 3-6 months.

There are two major complications: post-inflammatory hyperpigmentation and epidermal inclusion cyst. Their incidences are not high if they are well treated.

We will present the surgical technique and their case examples in detail during the meeting.

Laser therapy for keloids and hypertrophic scars

蟹足腫與肥厚性疤痕的雷射治療

Chang-Cheng Chang

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Laser therapy has become an important modality in the treatment of keloids and hypertrophic scars. Various laser systems, including pulsed dye lasers, fractional lasers, and ablative lasers, have been applied to improve scar texture, vascularity, and symptoms such as pain and pruritus. This lecture will review the principles of laser–tissue interaction and the mechanisms through which lasers influence scar remodeling. Treatment protocols, patient selection, and potential complications will also be discussed. Clinical cases will be used to demonstrate practical treatment strategies and how laser therapy can be incorporated into multimodal scar management to enhance functional and cosmetic outcomes.

Scar camouflage and aesthetic techniques

疤痕遮蓋與美容應用

Shiseido Life Quality Makeup Center

資生堂社會關懷美容中心

Shiseido Life Quality Makeup Center, Taipei, Taiwan, ROC

資生堂社會關懷美容中心

Visible scars can significantly influence a patient's self-confidence and quality of life even when medical treatment has been completed. Cosmetic camouflage techniques provide a practical solution to help conceal scars and improve appearance in daily life. This lecture introduces the principles of color correction, camouflage makeup techniques, and product selection for different types of scars and skin tones. Demonstrations and clinical examples will illustrate how these techniques can be applied in patients with surgical scars, burn scars, or pigmentary abnormalities. The session emphasizes the importance of aesthetic rehabilitation as part of comprehensive scar care and highlights how supportive cosmetic strategies can contribute to psychological well-being and social confidence.