MR SIVA KUMAR

CONSULTANT PLASTIC SURGEON

PATIENT INFORMATION

Keloid scar treatment

Injections, laser and surgery for keloid scars

Mr Siva Kumar Veeramani
Consultant Plastic, Reconstructive and Cosmetic Surgeon
MBBS BMedSci MRCSEd MBA FRCSEd (Plast.) · GMC 6114710

The Ü Clinic
Sevenoaks & Oxted

Version 1.0
October 2026

Contents

This booklet explains keloid scar treatment and what to expect.

01	Why you have this booklet	3
02	What keloid treatment involves	3
03	Before you decide	5
04	Other options	6
05	What you can expect from the result	6
06	Getting ready	6
07	Anaesthetic and where it happens	7
08	The procedure	7
09	Recovery	8
10	Risks and complications	8
11	Further treatment	9
12	Photographs and records	10
13	Costs and insurance	10
14	Your decision	10
15	Your personal information	10
16	Who to contact, and when to get help urgently	11
17	What happens next	11

01 Why you have this booklet

You've been given this booklet because you have talked to Mr Kumar about treating a keloid scar, or you're about to.

It explains what keloids are, the treatments, how to prepare, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What keloid treatment involves

A keloid is an overgrowth of scar tissue that spreads beyond the edges of the original wound. Keloids are raised, firm and often shiny, and can itch, hurt and keep growing. They are more common in darker skin and often run in families.

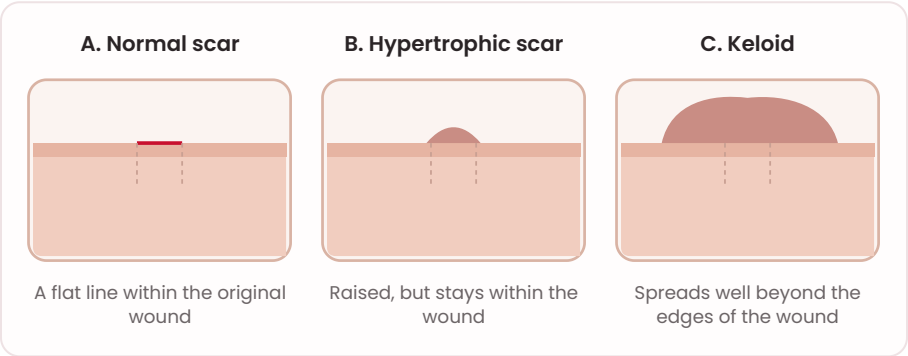

Figure 1. A normal scar, a hypertrophic scar and a keloid, seen from the side. The dotted lines show the edges of the original wound. A simplified drawing for guidance only.

The most common places are the earlobes after piercing, the shoulders, the chest and upper back, and surgical scars, including caesarean section and

chest scars.

Cutting a keloid out on its own often makes it come back larger, so treatment combines several approaches and continues with regular reviews.

Steroid injections

A steroid (triamcinolone) injected into the keloid flattens and softens it and eases itching. Injections are given every four to six weeks, usually over several sessions.

5-FU injections

5-fluorouracil, often combined with steroid, slows the cells that build scar tissue. It helps keloids that respond poorly to steroid alone.

CO2 laser

Laser softens and flattens the surface of the keloid and can help injected medicines spread evenly. It is used alongside injections, never on its own.

IPL

Light energy reduces the redness of keloids and raised scars, with very little downtime.

Surgery combined with injections

For large or earlobe keloids, the keloid is removed and steroid is injected at the time of surgery and afterwards, with pressure earrings or silicone to stop it returning.

Silicone and pressure

Silicone gel or sheets, and pressure earrings or garments, help flatten keloids and stop them coming back.

03 Before you decide

You're likely to be a good candidate if:

- a keloid bothers you because of its size, itching, pain or appearance
- you can attend regular appointments every four to six weeks during treatment
- you are prepared to wear silicone or pressure earrings as advised
- you understand that keloids can return, and that follow-up is part of treatment

What the treatment won't do

- **It can't guarantee the keloid will never return.** Regular reviews help catch any regrowth early.
- **Surgery alone isn't enough.** Removal is always combined with injections, silicone or pressure.

Please tell Mr Kumar if you have, or have had

- you are pregnant, breastfeeding or trying to conceive, as 5-FU is not used
- diabetes, as steroid injections can briefly raise your blood sugar
- you take blood thinners or have a bleeding disorder
- allergies to local anaesthetic, plasters, latex or antibiotics
- any previous treatment for the keloid, and what it was
- a weakened immune system

04 Other options

You don't have to have treatment. Depending on your keloid, the alternatives include:

- silicone gel or sheets and pressure alone, for small or early keloids
- cryotherapy (freezing), for some small keloids
- radiotherapy shortly after surgery, for some stubborn keloids, at a specialist centre
- leaving the keloid alone

05 What you can expect from the result

Most keloids flatten and soften over several months of treatment, and itching and tenderness usually ease early. The keloid may not disappear completely, and some difference in colour can remain. Keloids can return, sometimes years later, which is why follow-up continues for at least a year.

06 Getting ready

Please:

- apply numbing cream before injections if you have been given it, at the time we suggest
- eat normally and take your usual medicines unless advised otherwise
- check your blood sugar more often for a day or two after steroid injections, if you have diabetes
- arrange a lift home if you are having sedation or a general anaesthetic for surgery
- bring your pressure earrings or garments to your follow-up appointments

07 Anaesthetic and where it happens

Injections are given in clinic, after numbing cream. Laser and IPL also take place in clinic. Surgical removal is usually done under local anaesthetic as a day case, so you are awake and the area is numb, and you go home the same day.

08 The procedure

Injections

A very fine needle is used to inject the medicine into the keloid itself, in several small amounts. It stings, because keloid tissue is firm, but each session takes only 15 to 30 minutes.

Surgery

The keloid is removed carefully to keep the natural shape of the area, especially on the earlobe, and the skin is closed with fine stitches. Steroid is injected into the wound edges at the end of the operation. Pressure earrings or silicone start once the wound has healed.

09 Recovery

- **After injections,** the area may be tender for a day or two. Carry on as normal.
- **After surgery,** keep the wound clean and dry for 48 hours. Stitches are removed at 7–14 days.
- **Wear pressure earrings or silicone** for many hours a day for several months, as Mr Kumar advises.
- **Come back every four to six weeks** for review and further injections until the keloid is flat.
- **Tell us early** if the scar starts to thicken, itch or grow again.

10 Risks and complications

Most people recover without any serious problems. But like any treatment it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your treatment. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of treatment.

- Stinging during injections.
- Tenderness for a day or two afterwards.
- Some bruising.

Other complications

- **The keloid coming back** COMMON
  Especially after surgery. Further injections usually control early regrowth.
- **Thinning or paler skin** COMMON
  Where steroid has been injected. It usually improves over months, but can be permanent.
- **Small visible blood vessels** UNCOMMON
  Fine thread veins over the treated area.
- **Darkening or small sores with 5-FU** UNCOMMON
  At the injection sites. Usually temporary.
- **Infection after surgery** UNCOMMON
  Usually treated with antibiotics.
- **Effects of the steroid elsewhere in the body** RARE
  Such as a brief rise in blood sugar or a change in your periods.

Complications of the anaesthetic

Local anaesthetic is very safe. It stings briefly as it goes in. Rarely it causes light-headedness, and very rarely an allergic reaction. If you have a general anaesthetic or sedation, your anaesthetist will discuss the risks with you separately.

11 Further treatment

Most keloids need several injection sessions. If a keloid comes back, it can usually be treated again with injections, and occasionally further surgery is needed. The cost of further treatment isn't automatically included in your original fee; the clinic team can explain our policy.

12 Photographs and records

Photographs are taken before and after your treatment and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

13 Costs and insurance

If a keloid is painful or itchy, some insurers cover treatment, so check your cover with your insurer before booking. Insurers need Mr Kumar's full name, Siva Kumar Veeramani, and his GMC number, 6114710. If you are paying for yourself, you'll receive a written quote first. Self-pay consultations cost £250 and follow-ups £150.

14 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

15 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

16 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on 020 3026 9695 or info@theuclinic.com.

Contact us promptly if you have

- signs of infection: increasing pain, spreading redness, discharge or a temperature
- bleeding that doesn't stop with 20 minutes of firm pressure
- the wound opening up after surgery
- pain that is getting worse rather than better

Out of hours, your emergency contact number will be given by the treating hospital or clinic. In an emergency, call 999.

17 What happens next

Before your treatment, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Notes

Notes

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

Telephone	020 3026 9695
Email	info@theuclinic.com
Sevenoaks	The Ü Clinic, 74 London Road, Sevenoaks TN13 2DN
Online	mrsivakumar.com

Mr Siva Kumar Veeramani is a Consultant Plastic, Reconstructive and Cosmetic Surgeon. GMC 6114710.

MR SIVA KUMAR
CONSULTANT PLASTIC SURGEON

Keloid scar treatment information leaflet. Version 1.0, October 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.