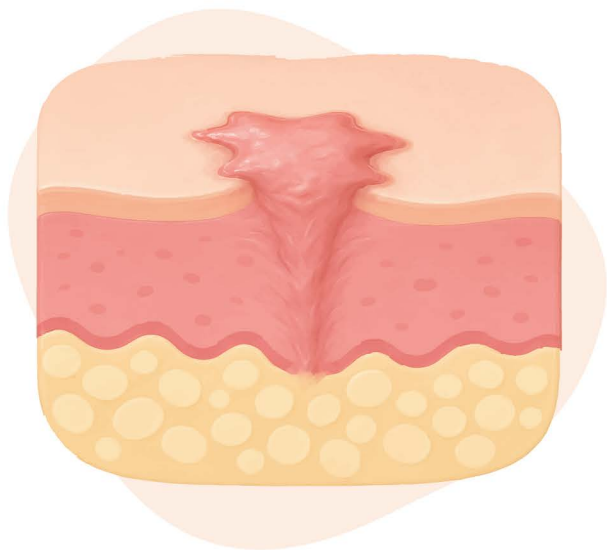


蟹足腫與疤痕增生

Keloid VS Hypertrophic Scar



甚麼是 蟹足腫和增生性疤痕？

Definitions

皮膚受創後，修復機制失調，纖維母細胞過度製造膠原，形成凸起硬疤，出現增生性疤痕或蟹足腫，兩者特徵有明顯分別。

After skin injury, the repair process may malfunction. Fibroblasts can overproduce collagen, leading to raised, firm scars such as hypertrophic scars or keloids. Although both are results of abnormal collagen production, they show clear differences:

增生性疤痕（肥厚性疤痕）： Hypertrophic Scar:



增生性疤痕（肥厚性疤痕）僅局限於原本傷口邊界，早期紅腫、輕微癢感；隨時間會慢慢軟化變平，復發風險低，多見於手術、燒傷後關節位置。

A hypertrophic scar remains within the original wound boundaries. In the early stage, it often looks red and swollen and may feel mildly itchy. Over time, it usually softens and gradually flattens, and the risk of recurrence is generally lower. Hypertrophic scars are commonly seen after surgery, burns, and often occur around joint areas.

蟹足腫疤痕（肉芽疤痕）： Keloid Scar:



蟹足腫疤痕（肉芽疤痕）會突破原傷口向外蔓延，形態如蟹爪，質地堅硬、持續紅紫，伴隨灼熱、反覆癢痛；不會自行消退，拖延只會不斷擴大，嚴重影響外觀，長在關節更會牽扯活動受限。

A keloid scar, on the other hand, extends beyond the original wound and spreads outward in a pattern that can resemble crab claws. It is usually firm and hard, with a persistently red to purple color. People may also experience burning heat and repeated itching or pain. Unlike hypertrophic scars, keloids typically do not disappear on their own. If left untreated, they may continue to enlarge, and when keloids form over joints, they can also lead to tightness that restricts movement and affects daily activities.

成因

Causes of Abnormal Scarring

醫學界目前對於蟹足腫與疤痕增生的成因尚未完全明確，但與以下幾項高危因素有密切關係：

The exact causes of keloids and hypertrophic scars have not yet been fully clarified. However, they are closely associated with several high-risk factors:

體質與基因：

Constitution and Genetics:



患者通常具有「蟹足腫體質」，這與家族遺傳基因高度相關。

Constitution and genetics: many patients appear to have a "keloid tendency," which is strongly linked to inherited genetic factors within the family.

膚色與種族：

Skin Tone and Ethnicity:

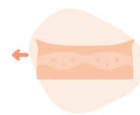


有色人種患上蟹足腫的風險通常會較高。

People with darker skin types or certain ethnic backgrounds tend to have a higher risk of developing keloids.

皮膚張力：

Skin Tension:

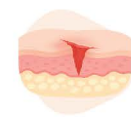


皮膚張力較大的部位特別容易誘發蟹足腫，如胸口、背部、肩膀及手臂。

Areas of the body where the skin is under greater mechanical tension are more likely to trigger keloid formation. Common sites include the chest, upper back, shoulders, and upper arms.

外傷與發炎：

Injury and Inflammation:



任何皮膚損傷，甚至輕微的暗瘡發炎。

Any skin damage - even minor acne that becomes inflamed - can increase the likelihood of keloid development.

日常護理與預防

Prevention Tips

對於已知有蟹足腫體質，或容易出現疤痕增生的人士，建議採取以下預防措施：

For people known to have a keloid tendency or who are prone to developing hypertrophic scars, the following preventive measures are recommended:

盡量減少發炎，並及早處理傷口

Try to minimize inflammation and treat wounds as early as possible.

在傷口癒合及拆線後約兩星期，便可開始使用矽膠凝膠或矽膠貼片，持續使用3至6個月；

Typically, about two weeks after the wound has healed and stitches have been removed, you can use silicone products for for 3 to 6 months.

如需接受手術，應提前與醫生溝通，好讓醫生把你的狀況考慮在醫療方案設計當中，減低皮膚張力及復發風險。

If surgery is needed, talk to your doctor in advance to reduce skin tension and recurrence risk.

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治療方法

Treatment Methods

蟹足腫或增生性疤痕的治療方式，會因疤痕大小、位置及個別情況而有所不同，常見治療包括以下幾種：

Treatment for keloids or hypertrophic scars varies depending on the size of the scar, its location, and the individual patient's situation. Common treatment options include the following:

外用類固醇藥膏

Topical Corticosteroid Ointment



外塗類固醇藥膏主要可幫助減輕疤痕引起的痕癢及不適，但對於改善疤痕外觀和平坦度的效果通常較有限。

Applying topical corticosteroid ointment can help relieve scar-related itching and discomfort. However, its effectiveness in improving the scar's overall appearance and flattening is usually limited.

局部類固醇注射

Intralesional Steroid Injections



適用於體積較小的疤痕。醫生會將類固醇直接注入疤痕組織，以縮小疤痕並減輕痕癢及疼痛。不過，即使治療後，疤痕仍有機會復發。可能出現的副作用包括皮膚色素改變、

局部萎縮及微血管擴張。

This approach is often used for smaller scars. Doctors inject corticosteroids directly into the scar tissue to shrink the scar and reduce itching and pain. Even after treatment, the scar can still recur. Possible side effects include changes in skin pigmentation, localized skin atrophy, and dilation of tiny blood vessels.

激光治療

Laser



不同類型的激光可用於處理不同問題，例如色素激光有助改善疤痕顏色，而磨皮激光則可改善疤痕表面的凹凸質感。

Different types of lasers can address different scar problems. For example, pigment lasers may help improve scar color, while resurfacing lasers can help smooth out uneven texture on the scar surface.

手術切除

Surgical Removal



對於較大的疤痕，或對其他治療反應不理想的個案，手術切除有時會被考慮。但是，單靠手術本身的復發風險相當高，甚至可能比原本疤痕更嚴重，因此術後一般會配合局部類固醇注射或低劑量放射線治療，以降低復

發機會。

For larger scars, or cases that do not respond well to other treatments, surgical removal may be considered. However, surgery alone carries a fairly high risk of recurrence—and in some cases, the recurrence may be even more severe than the original scar. Therefore, postoperative treatment is often combined with intralesional steroid injections or low-dose radiotherapy to reduce the chance of regrowth.

放射線治療

Radiation Therapy



放射線治療常用於手術切除蟹足腫後，作為輔助治療，以減少復發。某些情況下，也可單獨使用放射線治療來幫助縮小疤痕體積。

Radiation therapy is commonly used after surgical excision of a keloid as an additional (adjuvant) treatment to help reduce recurrence. In some situations, radiotherapy may also be used on its own to help reduce the size of the scar.

冷凍治療

Cryotherapy



冷凍療法是利用極低溫液態氮破壞疤痕組織，使疤痕逐漸縮小或變得較平坦。不過，這種治療通常需要多次進行才較有效。常見副作用包括疼痛、水泡、色素沉著及感染風險。

Cryotherapy uses extremely low temperatures—typically liquid nitrogen—to damage scar tissue so the scar gradually shrinks or becomes flatter. This treatment usually needs multiple sessions to be more effective. Common side effects include pain, blistering, hyperpigmentation or hypopigmentation, and an increased risk of infection.