

TO STUDY THE EFFECTIVENESS OF COMPLEX CONSERVATIVE TREATMENT OF PATIENTS WITH KELOID AND HYPERTROPHIC SCARS**Madazimov M.M., Teshabaev M.G.****Khabibullaev A.P., Suleymanova H.H., Khoshimkhojueva R.A.**

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ANNOTATION:In this article, the author proposed complex conservative treatment for 197 patients with keloid and hypertrophic scars. The patients were divided into group 2: group 1 consisted of 96 and group 2 101 patients. To study the effectiveness of complex conservative treatment for the main group of patients, hydrogen sulfide baths were included in the conditions of the Chimyeon sanatorium. As a result, 88 (93.6%) patients in the main group achieved a good result, and in the comparison group these figures were 80.2%. Based on these proposed schemes for complex treatment of patients with keloid and hypertrophic scar deformities, it was possible to improve the result by 13.4%.

Key words:Scar, conservative rehabilitation, complex, scar deformity, result, effectiveness.

The relevance of the problem: The bases of medical and preventive institutions of the regions have not been determined, taking into account the available water sources [3], where conservative rehabilitation is possible; the effectiveness of many means of conservative rehabilitation (in particular hydrogen sulfide irrigation) has not been studied. The absence of reconstructive surgery departments and rehabilitation centers adversely affects the long-term results of treatment and often leads to disability of patients.

Prevention and treatment of keloid and hypertrophic scar deformities is a difficult task. These measures should be aimed primarily at preventing the growth of pathological scars [2, 5].

In case of deformity, delay in surgery is erroneous, however, and early reconstructive surgery in patients may not be effective enough [1].

Before determining the indications for surgery, it should first be decided whether it is possible to eliminate contracture by conservative treatment, using all means. It takes a certain amount of time. It is necessary that scars and engrafted skin flaps are removed, after which in some cases there may be no need for surgery, or its volume will decrease, since the mobility of soft tissues will increase. At the same time, the stability and mobility of the engrafted skin flaps will be determined, lines and zones of the greatest tissue contraction will be revealed [4, 6].

Given the high percentage of disability, the approach to the prevention of patients with this pathology is still far from required and needs further improvement.

The purpose of this study is to study the effectiveness of comprehensive prevention of keloid and hypertrophic scar deformities using a hydrogen sulfide bath in the conditions of the Chimen sanatorium.

Materials and methods of the study: The work is based on the results, before and after surgical treatment, conservative treatment of 196 patients aged 14 to 42 years, of which 97 (63.5%) male and 99 (36.5%) female patients. The patients were divided into 2 groups: group 1 (comparison group) 94

(47.9%) and group 2 (main group) 102 (52.1%) patients who received comprehensive conservative treatment. Patients of working age accounted for 92.6%.

The results and their discussions. All patients were prescribed conservative therapy including: massage, magnetic therapy, ultrasound with Contractubex gel, compression gloves. In addition, the main group included 10 sessions of balneological treatment in conditions of hydrogen sulfide springs in the Ferghana region.

Without supplanting the advantages of traditional methods of conservative treatment, it is necessary to note their limited possibilities in replacing deep, medium and large scar deformities.

It has been established that magnetotherapy has a dehydrating effect, promotes effective oxygen transport to tissues and its adequate utilization, and also improves microcirculation due to the release of heparin into the vascular bed.

Contractubex ultrasound enhances the degradation of excess collagen in the scar area. The introduction of Contractubex into the scar area using ultrasound causes the transition of scars from hyper to normotrophic, reduces their density and consistency, and reduces pain sensitivity in the scar area.

The compression glove has a low stretchability of the knitted fabric, due to which, with active movements of the brush, the pressure under the product increases. This is the so-called high operating pressure. When the brush relaxes, the pressure decreases to the initial level (resting pressure). The alternation of pressure increases and decreases (working pressure and resting pressure) has a micro-massage effect on the soft tissues of the hand, which activates and stimulates the work of lymphangions and improves lymphatic outflow from the hand. In addition, the compression applied to the arm increases the intracranial pressure, which reduces the exit of fluid from the vascular bed into soft tissues and increases the reabsorption of fluid into blood vessels.

Hydrogen sulfide baths have a positive effect on the treatment of keloids, hypertrophic scars. The thickness of the scars decreases by 1.5-2 times, they become softer, paler, more mobile. Minor wounds heal, and existing trophic ulcers decrease, inflammatory phenomena subside, dermatoses disappear. The growth of scars stops, the latter become softer, more mobile, more elastic.

After the treatment courses, there was a partial resorption of scars, a decrease in the height of scars above the skin surface, a decrease in soreness and itching in the scar area.

Results: A comparative analysis of the results of local comprehensive conservative treatment of scar deformities showed the effectiveness of the developed scheme, including balneological treatment in conditions of hydrogen sulfide sources in the Ferghana region.

Long-term results were studied in 194 (98.9%) of 196 patients. In the main group of 88 (93.6%) out of 94 patients, good functional and aesthetic results were obtained. And in the control group, these indicators were 81 (80.2%) out of 101.

Conclusions: The application of the developed scheme of complex conservative treatment of scar deformities allows to obtain additional plastic material, compared with the traditional method. At the same time, the stage of operations is reduced and the time of surgical rehabilitation of patients is accelerated.

Irrigation of the post-burn scar with hydrogen sulfide baths in the conditions of the sanatorium "Chimion" allows you to prevent the formation of rough, pathological scars.

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