

## THE EFFECT OF COMPLEX TREATMENTS FOR KELOID AND HYPERTROPHIC SCARS

**Madazimov Madamin Muminovich , Teshaboev Mukhammadyakhyo Gulomkodirovich ,  
Habibullaev Asilbek Pattokhon ugli , Sulaymonova Khosiyatkhon Khamidjonovna,  
Kamolov Mirzaakbar Astanakulovich**

Andijan State Medical Institute, Republic of Uzbekistan, Andijan

**ANNOTATION:**In this article, the author proposes a comprehensive treatment for patients with scar deformities. The effectiveness was studied in 197 patients who underwent conservative treatment. The patients were divided into group 2: group 1 included 96 and group 2 101. 94.7% of patients in the main group had a good result. In the comparison group, these figures were 73.4%. Based on this, the proposed schemes for complex treatment of patients with scar deformities made it possible to improve the results by 11.6%.

**Key words:**Surgical tactics, scar, cicatricial deformity, tissue sprains, plastic and reconstructive surgery.

**The relevance of the problem:** The issues of rehabilitation of burn reconstructions with disorders of the musculoskeletal system have not been sufficiently studied [1, 3]. The bases of medical and preventive institutions of the regions have not been determined, taking into account the available water sources [5], 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 for the consequences of burns and rehabilitation centers adversely affects the long-term results of treatment and often leads to disability of patients.

Prevention and treatment of post-burn deformities is a difficult task. These measures should be aimed primarily at preventing the growth of pathological scars [2, 4].

In case of deformity, delay in surgery is erroneous, however, and early reconstructive surgery in patients may not be effective enough [6].

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 in the joint area 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 [2, 4].

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 scar deformities.

**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.

Compression clothing has a low stretchability of knitted fabric, due to which, with active body movements, the pressure under the product increases. This is the so-called high operating pressure. When relaxing, 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 soft tissues, which activates and stimulates the work of lymphangions and improves lymphatic outflow. In addition, the compression exerted 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 (93.2%) of 196 patients. In the main group of 83 (88.3%) of 94 patients, good functional and aesthetic results were obtained. And in the control group, these indicators were 81 (79.4%) out of 102

**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.

#### Literature:

1. Ismailov S.I., Madazimov M.M., Teshaboev M.G. Comparative analysis of the immediate results of the application of the proposed complex of preventive tactical and technical aspects of scarring of the face and neck // Integrative dentistry and Maxillofacial surgery -No.1 (2). 2022. Pp
2. .201-206. (<https://doi.org/10.57231/j.idmfs.2022.1.2.032>) 2. Madazimov M.M., Temirov P.Ch., et al. Surgical treatment of post-burn facial deformities//Collection of scientific works of the III Congress of Food and Nutrition Specialists of Russia. - Moscow, 2010. - pp.232-233.
3. Madazimov M.M., Teshaboev M.G., Madazimov K.M. Surgical rehabilitation of patients with the consequences of burns of the head and neck area // Monograph, Tashkent -2019. -159 p.
4. Teshaboev M.G. Studies assessing the quality of life of patients with the consequences of burns of the face and neck // Tibbietda yangi kun. – 2020. – №2 (30). – S. 543-545. (14.00.00, №22)
5. Teshaboev M.G., Khoshimkhozhieva R.A. Intraoperative stretching of the skin in the elimination of cicatricial deformities of the nasolabial region // Tibbietda yangi kun. – 2023. – №7 (57). – Pp. 25-27 (14.00.00, No.22)
6. Pulatov N.H., Teshaboev M.G. The use of regional lymphatic therapy in reconstructive and plastic surgery of the effects of burns // Tibbietda yangi kun. – 2023. – №7 (57). – Pp. 543-545. (14.00.00, No.22)