

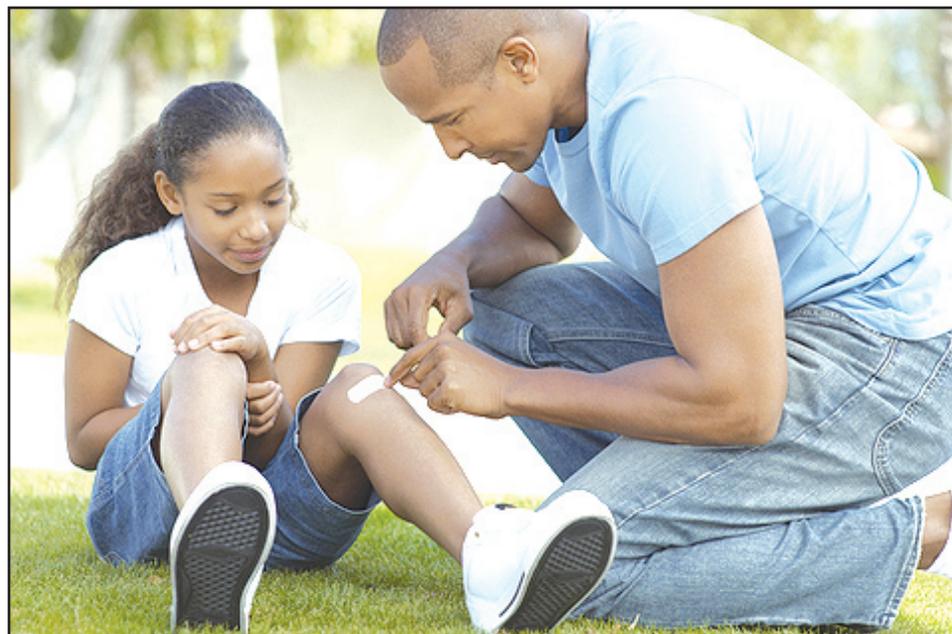
I've Hurt My Knee! Will I Have A Scar?

Have you ever fallen down, cut your knee and heard the phrase, "You're probably going to have a huge scar." Most kids have. In fact, most kids already have a few scars with interesting stories. Centuries ago, warriors showed off their scars as symbols of their bravery and told stories about how each scar happened.

What is a scar anyway? A scar is the brown, pale pink or silvery patch of skin that grows in the place where you once had a cut, scrape, or sore. It's your skin's way of repairing itself from injury.



COLOR
ME!



When you hurt yourself, your skin gets to work repairing the open wound. The skin makes a bunch of collagen - tough, white protein fibers that act like bridges. The collagen reconnects the broken tissue. As your body does the healing work - a dry, temporary crust is formed over the wound. This crust is called a scab.

The scab protects the wound as the damaged skin heals underneath. The scab will eventually dry up and fall off on its own. That will leave behind repaired skin and often - a scar.

The best way to prevent scars is to prevent getting hurt! You can reduce your chances of getting hurt by wearing protective gear such as kneepads, helmets, etc. when you play sports or ride your bike. But even with the gear you sometimes get hurt.

So, keep the wound covered as it heals. That way you can keep out bacteria and germs. Don't pick at your scab! Some doctors say Vitamin C - found in citrus fruits, helps by speeding up the creation of new skin cells. Also some people believe that Vitamin E when rubbed on the wound after the scab begins forming can aid the healing process. The main thing is ask your family doctor or your parents to give you advice about what you can do to aid the healing process.