

Scar massage

What is a scar?

A scar develops as part of the normal wound healing process following an injury or surgery.

Your body begins the healing process almost immediately by producing scar tissue to fill the injured area to close the wound. This process can take up to two years to fully complete.

What is scar massage?

Scar massage involves firmly rubbing and moving the skin and underlying tissue.

Scar massage will help to;

- Rebuild your skin's collagen (protein found in skin and other connective tissues)
- Stimulate new tissue growth
- Desensitise the scar area
- Increase local circulation, promote healing and scar fading.

Why is scar massage important?

Scars can have a big impact on your range of movement and function. Your scar should become soft and flat soon after your surgery. If a scar doesn't heal well it can cause pain or pulling during movement, cause swelling due to blockage and in some cases, can affect your posture.

When can I start scar massage?

- Scar massage can be commenced once the staples are removed and the scar is completely healed (i.e. There are no scabs along the scar line). Check with your doctor or physiotherapist if you are not sure.
- Ideally, don't use cream when massaging your scar as you need friction on the skin. You can apply it after you are finished.
- Scar massage can be uncomfortable. Do it for short periods (i.e. 5-10 minutes at a time) but regularly throughout the day to get the best result. Continue regular scar massage until your scar feels like normal skin.

What to be aware of

Stop the massage and check with your doctor or physiotherapist if you notice:

- Any redness that does not go away after the massage (after 30 minutes)
- Bleeding
- Moisture/ooze from the scar
- More pain at the scar.

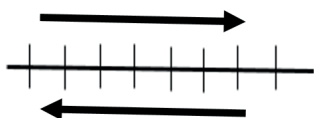
Techniques:

Frictions across scar



With your thumb or fingers massage up and down across the scar so that the skin moves on the underlying tissue. Repeat along the entire scar.

Frictions along scar



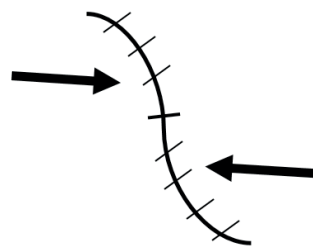
With your thumb or fingers massage along the scar line in both directions so that the skin moves on the underlying tissue. Repeat along the entire scar.

Circles over scar



With your thumb or fingers massage using a slow circular motion so that the skin moves on the underlying tissue. Repeat along the entire scar in both clockwise and an anti-clockwise direction.

“S” bend frictions



With your thumb or fingers put pressure on opposite sides of the scar to create an “S” bend. Repeat along the entire scar.

If you have any concerns with your scar please do not hesitate to contact your Physiotherapist on 4433 2370.

Physiotherapist: _____

Notes



This publication has been reviewed and approved by Townsville HHS health consumers.



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