

# Advice on Scar Massage

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## Why massage my scar?

After surgery scars may be raised and pink/red in colour. They may also feel tight and make the area painful to move. In some circumstances the scar may feel very sensitive to touch. Scar massage can begin once the wound is healed.

## How do I do scar massage?

Wash hands including scar area prior to massage.

Apply a small amount of moisturising cream e.g. aqueous cream to the scar and using your thumb (or massage tool if instructed by your Therapist) work backwards and forwards firmly over the length of the scar. Then work side to side along the length of the scar.

Aim to do this for 5 to 10 minutes, 2 to 3 times a day up to a maximum of 4 times daily.

## Special Instructions

Scar massage can be done in conjunction with other forms of treatment e.g. silicone gel and desensitisation programmes and your Therapist will advise you on combining other aspects of your treatment.

Should you notice your scar becoming itchy or altered in appearance, please contact your Therapist.

If you have any other problems/queries please contact:

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Occupational Therapist

on ..... Ext .....

## Occupational Therapists

Work with people of all ages, helping them to carry out the activities they need or want to do in order to lead healthy and fulfilling lives.

Occupational Therapy Departments

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)

## References

If you require a full list of references for this leaflet please email

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