

# Scar Massage

Scar massage is done to prevent scar tissue build up and puckering. It can help your range of motion in that area. You should start scar massage only after all scabs have fallen off by themselves. Massage will not help soften an old scar. Do the massage as directed by your doctor, nurse or therapist.

## How should I prepare my skin?

You can use lotion as directed by your physician during massage to reduce friction, prevent drying and cracking of the skin. It also helps to keep the scar soft.

Before your massage, you may use:

- Heat for \_\_\_\_\_ minutes \_\_\_\_\_ times in the day.
- Ice for \_\_\_\_\_ minutes \_\_\_\_\_ times in the day.

## Doing the Massage

Use the pads or soft tips of your fingers to massage the scar and tissue around the scar.

Press firmly but do not push until you have too much pain. Use:

- Light pressure
- Medium pressure
- Deep pressure

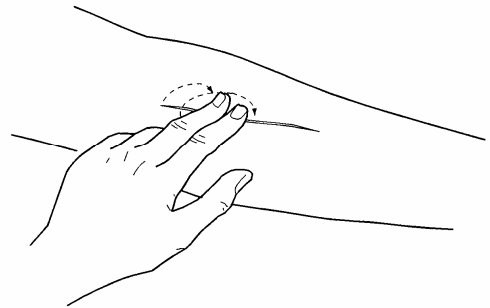
**Do each massage for \_\_\_\_\_ minutes. Repeat \_\_\_\_\_ times each day.**

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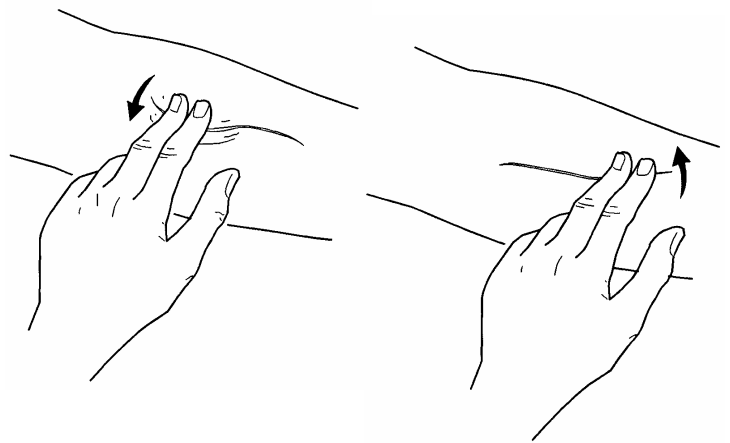
❑ **Circles**

Using two fingers make small circles over the length of the scar and to the skin around the scar.



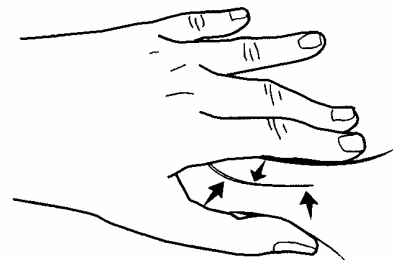
❑ **Criss-Cross**

Use two fingers from one hand and two from the other. Pull your fingers on one hand while pushing the fingers of the other across the scar in a sawing motion. If the scar is located where you can only use one hand, pull then push your fingers across the length of the scar.



❑ **Rolling**

Pinch a small amount of the scar tissue between your thumb and first two fingers. To roll the scar, walk your first two fingers forward and then slide your thumb forward to keep the "hill" in the scar. Do this along the length of the scar.



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

- Any redness
- Bleeding
- Moisture or seepage from the scar
- The scar feels warmer than the tissue around it
- More pain at the scar