HOW TO MASSAGE YOUR SCARS

Once your scars have healed, massage should be an integral part of your daily routine to improve the appearance of the surgical site.

PURPOSES

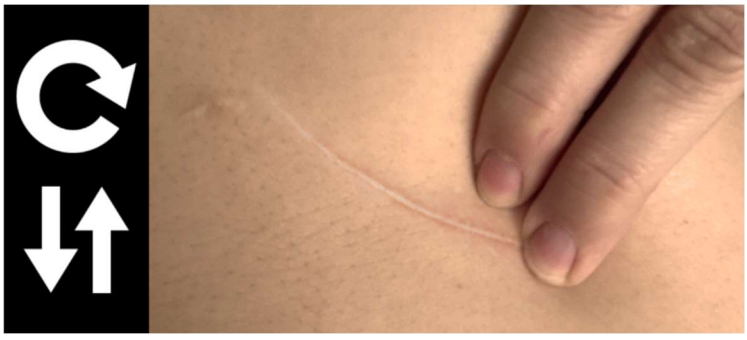
The different layers of tissue under your skin will adhere together after surgery. The purpose of massage is to prevent the structures from sticking together, thus to prevent scars from becoming deeply rooted. Deep scars may cause mobility issues and pain, and increase the risk of pathological scarring.

WHEN TO START

You can start massaging your wounds once the adhesive strips (*Steri-Strip*®), if present, have fallen off **and** your scars are well closed and no longer scabbed or crusted.

HOW TO PROCEED

- Wash your hands with soap before starting.
- Move the skin with your fingers all around the scar, either in a circular motion, or with "up-down" and "left-right" movements, exerting gentle pressure.
- You can also try gently "loosening" the tissue by pinching the skin over the scar to lift it slightly.
- You should do these movements once or twice a day, for about ten minutes.



- It is important not to feel any pain when massaging. Only apply a gentle pressure.
- You can stop massaging your scars after several weeks or months once the tissue has softened.

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ADDITIONAL ADVICE

1. A healthy lifestyle and quitting smoking also have a positive impact on the healing process.
2. It is also important not to expose scars to the sun for the first year after your surgical intervention.
3. The application of a silicone or vitamin E-based cream, or, when possible, the use of silicone dressings (such as CICA-CARE™), can also improve healing.
4. In the event of more serious adherences, a physiotherapist may be consulted.
5. A small lump, called “dog ear” may form at the end of the scar. Massage the area to smooth and flatten it.

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