

## Scar Massage

When the skin is damaged from a burn, trauma, or surgery, a scar forms as a normal part of healing. Some people form scars that are large, red, and/or uncomfortable, which can lead to decreased function over time. Whether or not you will form this type of scar is hard to predict. Scar massage is one method used to prevent or lessen scarring over time. Once your sutures/staples are removed and you have no open areas, your provider likely will instruct you to begin scar massage.

Your therapist will show you the best method for scar massage. Massage should be done firmly especially if adhesions are present. These steps should be done at least **3 times a day**.

1. Apply unscented lotion (Eucerin®, Lubriderm) over your scar. Lotion will soften your scar and help to remove old skin and debris.
2. Rotate two fingers clockwise then counter-clockwise making small circles along the scar.
3. Pinch the scar up on either side of the scar along its entire length.
4. Gently twist clockwise and counter-clockwise.
5. Rub two fingers along your scar, pushing each finger in an opposite direction from the other. This method works well, but you may need some help from others.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2023 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6020