Scar Massage

When the skin is damaged from a burn, trauma, or surgery, a scar can form as a normal part of prolonged healing. Some people form scars that can be raised, discolored, and/or uncomfortable, which can lead to decreased function over time. There is a greater risk for scarring with prolonged healing, depth and/or location of injury, and certain skin tones.

Scar massage is one method used to prevent or improve scarring over time. Once your wound is healed and you have no open areas, your provider will instruct you to begin scar massage when appropriate.

Your therapist will show you the best method for scar massage. Massage should be done firmly and directly on your skin, where raised tissue is present. These steps should be done at least **3-5 times a day**.

1. Apply unscented lotion (Eucerin®, Lubriderm) over your scar.

2. Elongate your scar by positioning your body with skin on stretch.

Scar Massage Techniques

1. Rotate two fingers clockwise then counterclockwise making small circles along the scar.

2. Pinch the scar up on either side of the scar along its entire length. Gently twist clockwise and counterclockwise.

3. 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.

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan.

For a list of UW Health Clinics, please visit www.uwhealth.org/.

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 © 5/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6020