

SCAR MESSAGE

Scar massage is a technique used to improve the appearance, flexibility, and texture of scars. It involves applying manual pressure and gentle movements to the scar tissue, promoting circulation and breaking down adhesions. Scar massage can be beneficial for both new and old scars, helping to reduce pain, itching, and tightness while promoting healing and recovery.

WHY IS IT RECOMMENDED?

Scars can cause discomfort, limited range of motion, and self-consciousness.

Alongside silicone gel sheets, sunscreen protection, and proper wound care, scar massage plays a crucial role in scar management by:

Softening Scar Tissue

Regular massage helps break down scar tissue and promote the growth of healthy collagen, making the scar less rigid and more pliable over time.

Increasing Blood Flow

Massage stimulates blood circulation to the scar area, bringing essential nutrients and oxygen that aid in the healing process.

Reducing Pain and Itching

Scar massage can alleviate pain, itching, and sensitivity commonly associated with scars, providing relief and improving overall comfort.

Improving Scar Appearance

By promoting collagen remodelling, scar massage can help reduce the visibility of scars, making them appear smoother and less noticeable.

SEEK MEDICAL ADVICE

Before starting a massage routine

To ensure it is appropriate for your specific scar type and stage of healing.

If you have an adverse reaction

Suspend your massage routine if you experience increased pain, redness, or any other worrying issues

HOW TO MASSAGE A SCAR

Only massage healed wounds

Avoid scar massage on open wounds, stitches, or sutures that have not fully healed

Prepare and clean the scar area

Wash your hands and gently clean the scar and surrounding skin with mild soap and water, face wash, shower gel or similar. Pat dry with a clean towel. A good time to do this is after you've had a shower or bath.

Apply a scar massage oil or cream

Using a small amount of scar massage oil or cream, gently apply it to the scar area. This helps reduce friction and allows your fingers to glide smoothly over the skin.

Begin the massage

Use gentle, circular motions with your fingertips or the pads of your fingers to massage the scar tissue. Start with light pressure and gradually increase as tolerated. Be cautious not to apply excessive force or cause pain in the early phase of healing.

Vary the massage techniques

Besides circular motions, you can also try vertical and horizontal strokes, stretching, and cross-friction massage to target different areas of the scar tissue.

Massage duration and frequency

Start with 5-10 minutes of scar massage per session, once or twice a day. Gradually increase the duration and frequency as your scar tolerance improves.

Stay consistent

Consistency is key. Incorporate scar massage into your daily routine for optimal results. However, be patient, as it may take several weeks or months to see significant improvements.