

How To Massage Your Scar

Why It's Important to Massage Your Scar

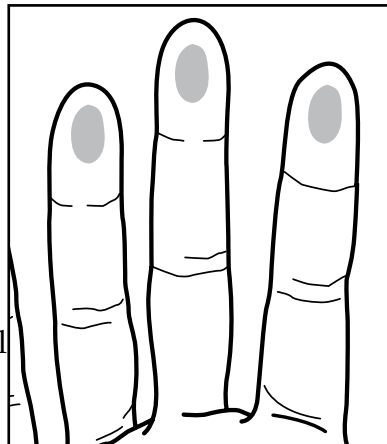
Massaging your scar will help relieve pain, help reduce the amount of scar tissue that builds up, increase your range of motion and improve your skin's elasticity.

What to Do Before Your Start

- Wash your hands.
- Look at the scar and write down any changes.

How To Massage Your Scar

- Use the pads or soft tips of your fingers to massage the scar and the area around the scar.
 - Press firmly but don't push too hard that you feel pain.
 - Your physical therapist wants you to use this level of pressure:
- light
 - medium
 - deep.



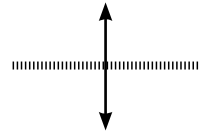
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Use the pads of your fingers to apply massage.

What Direction To Massage Your Scar

Use the direction(s) checked below.

Up and down.

Use two fingers and move your skin up and down.



Along the scar.

Use two fingers and move your fingers along the scar.



Twisting motion.

Use two fingers. Move one up and one down.



Pulling-apart motion.

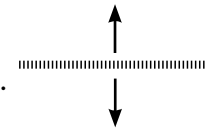
Along the scar.

Use two fingers to gently pull your scar along the scar.



Pull apart.

Use two fingers to gently pull the scar up and down.



How Long To Massage Your Scar

- Massage your scar for _____ minutes.
- Massage your scar _____ times:
 - each day
 - each week.

(over)

When To Stop and Call Your Doctor

Stop massaging and call your doctor if:

- the scar or area around the scar is red
- the scar starts to bleed
- you have drainage from the scar
- the scar feels warmer than the area around it
- you have new or worse pain at the scar
- you have new symptoms (like a fever) or concerns.