

The speed at which sensitivity reduces is different in each individual. These techniques can be used for different areas of scarring. Should your symptoms worsen please stop the process and discuss with your therapist. If you are treating your hand try to use/include it in your daily activities.

## 1. Massage

Using an oil (for example sunflower oil, not vitamin E oil or olive oil) or a non-perfumed moisturising cream (not aqueous cream) make small firm circles with your thumb on and around the sensitive and scarred area for about five minutes without stopping. Gradually increase the pressure over the next few days as the area becomes less sensitive.

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## 2. Touch Textures

Find items around the home (e.g. rough towel, toothbrush, soft brush) and arrange in order of sensitivity when brushed against the sensitive area. Starting with the least sensitive item, rub the texture gently over the area. Do this for five minutes at a time. Keep repeating the process until the area is no longer sensitive. Over a period of weeks gradually work your way from the least to the most irritating textures, only moving to a new texture

when one is no longer irritating. If the sensation is unbearably painful stop and try something less irritating. Please do not rub so hard you damage your skin.

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## 3. Immersion Particles

If your scar is on an areas that can be immersed into a container choose a number of dry ingredients (for example, uncooked rice and pasta). Arrange them in order of least to most irritating when your sensitive skin is immersed in them. Starting with the least irritating, bury your hand/foot until the sensitive area is covered. Make stirring movements, changing direction frequently and varying the speed. Do this for five minutes. Keep working with this mixture for a period of days or weeks until the area is no longer sensitive. When the mixture is bearable, choose another dry mix which is more irritating and continue the process. Should your symptoms worsen please stop the process and discuss with your therapist.

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## 4. Tapping

Gently tap the affected area with your finger. Gradually build up the intensity of the taps to a tolerable level.

## General Advice

- If you are treating your hand try to use/ include it in your daily activities.
- The speed at which sensitivity reduces is different in each individual.
- Should your symptoms worsen please stop the process and discuss with your therapist.

Your therapist .....

Telephone 01342 414255

## Scar Management – Desensitisation

Please ask if you  
would like this leaflet  
in larger print or a  
different format.

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