



Queen Victoria Hospital
NHS Foundation Trust

Scar Mobilisation

Therapy Department



Scar tissue forms as your body heals following surgery or an injury. Hydrating and mobilising the scar will help with regaining skin mobility, decrease muscle tightness and decrease the sensitivity of the scar and tissue surrounding it. Scars take many months to mature (become flatter, paler and softer). They are fragile and can easily be damaged if knocked. They may change in colour, with changes in temperature.

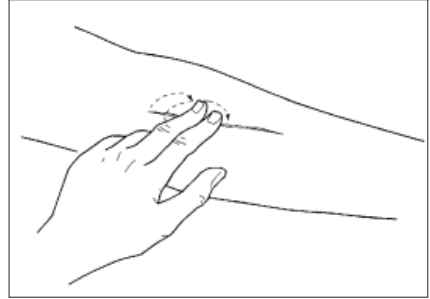
Scarred skin is often unable to produce its own oil or sweat. Hydrating your scar will help prevent your scar becoming dry and itchy. We advise you to use a non-perfumed moisturiser but not Vitamin E oil or aqueous cream.

Scars can be sensitive and will burn easily in the sun. Total block sunscreen must be used for up to two years over the scar.

You should carry out scar massage times a day for minutes each time.

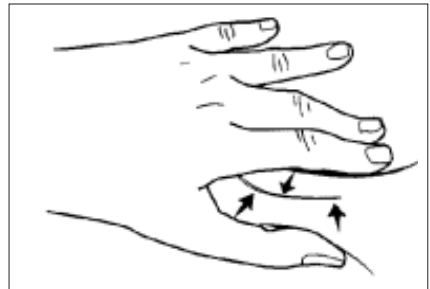
Circles

Place the pad of your thumb or finger on the scar. Massage using a slow, circular motion so that the skin moves on the underlying scar tissue. Repeat this process across the entire scar. Use firm pressure but do not cause any damage to the skin. Your fingernail tip will change colour from pink to white when massaging with the correct pressure.



Rolling

Gently pinch a small amount of the scar tissue between your thumb and first two fingers. • To roll the scar, walk your first two fingers forward and then slide your thumb forward to keep the “hill” in the scar. Do this along the length of the scar.



Precautions

Do not massage open wounds. If your scar becomes sore, blisters, reopens or your skin develops a rash, stop massaging and contact your therapist.

Therapist's Name

Phone: 01342 414255

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