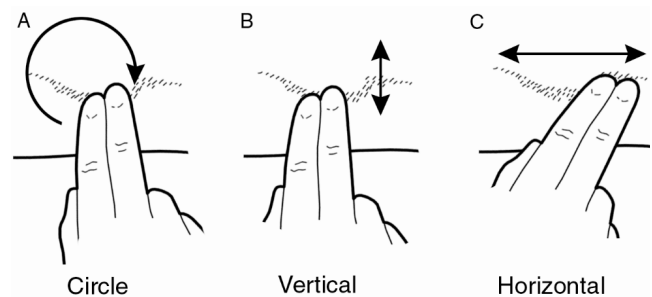


Scar tissue can form after any surgical procedures, tears, or lacerations. If scars do not get appropriate movement during the healing process, they will form adhesions. These adhesions can limit range of motion, cause tight muscles, and impair organ function. This limitation can cause pain in and around the tissue. It is important to perform gentle scar tissue massage as soon as you can after any procedure. Even years after procedures scar tissue can be affected by scar tissue massage.

Scar Sensitivity

- Begin with light touch stroking areas around the scar, and then move directly over the scar. You can also tap lightly around the area.
- After tolerating light touch, use other soft objects to stroke over the scar. Start with softer objects, and then move to those with rougher surfaces. Cotton ball, silk, q-tip, wash cloth, soft Velcro, etc.
- With new scars, make sure no clothing is compressing the scar or the surrounding skin during your daily activities.
- Perform 5 - 10 minutes several times per day.



Scar Massage

- Begin scar massage 6 weeks after surgery. Perform deeper scar massage only if incision is healed. Lotion (no heavy perfumes), vitamin E oil, or lubricant can also be used at this time.
- Begin by massaging the scar back and forth or horizontal to the scar (in the same directions that the scar or the tissue runs). Slowly increase your pressure only performing as much as you can tolerate. Try holding pressure for 90 seconds.
- Then begin moving the scar tissue in the vertical direction or perpendicular to the scar. Once again, start light and slowly increase your pressure.
- Next, place one or more fingers on a part of the scar and perform circular motions. Repeat about 10 circles in one direction and then switch directions. Go along scar, emphasizing areas where the most tension is felt.
- After you can tolerate all directions of movement without pain and scar is completely healed, begin trying to pick up the scar to prevent or break up adhesions underneath the scar. Use both hands, grab an area of the scar between your thumb and forefingers and lift up.
- Once you can lift the scar, begin lifting and moving scar back and forth in opposite directions with your two hands. You can also roll the tissue under your fingers to attain maximal mobility.
- Perform massage 5 - 10 minutes per day using a variety of strokes and methods.

Posture and Stretching

Scar tissue and pain can cause abnormal postures including slumping, rounding shoulders, and bending over at the waist. These poor postural positions can lead to other problems such as back and neck pain. After the surgery, try to return to an upright posture as soon as possible.



Stop with scar massage and notify your doctor if you notice any of the following:

- Bleeding
- Abnormal redness
- Seepage from the scar
- Warmth around the scar
- More pain than usual or pain longer than expected