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Scar Massage Program

Now that your sutures have been removed, it is important to begin frequent scar massage. Scar massage is helpful in:

1. Preventing adhesions of scar tissue to underlying tendons, muscles, or bone. Adhesions are tissues that grow together. Adhesions may restrict range of motion.
2. Increasing the circulation of body fluids so tissue receives adequate nutrients.
3. Preventing scar tissue from becoming dry and tight during exercises.

Scar massage should be done several times each day once the sutures are removed and the scar is not open.

Directions:

1. Wash hands before beginning massage.
2. Use a liberal amount of cocoa butter, lanolin, or another moisturizer over the scar tissue.
3. Massage with unaffected hand using deep circular motions. Try to move the scar in each direction.

Desensitization Program

Perform these exercises 3 times a day for 3 - 5 minute sessions. Please progress to the next exercise once the exercise you are performing is comfortable.

1. Massage along the sensitive area with your opposite hand. Attempt to “glide” the scar. Apply increasing pressure throughout the massage. You may use cocoa butter, Vitamin E oil, or your favorite hand cream to assist you.
2. Using light pressure, rub the various textures along the hypersensitive area:
    a. Cotton material
    b. Terry cloth
    c. Flannel
    d. Corduroy
    e. Velvet
    f. Polyester
    g. Wool
    h. Others
3. With the same textures, use a firmer pressure.
4. Use soft putty for gentle scar pressure (roll and form into ball) – progress to rolling golf ball over scar tissue. Apply pressure as tolerated.
5. Place your hand/forearm in separate containers of the following items:
    a. Dry Kidney Beans
    b. Dry Pinto Beans
    c. Sand
    d. Ball Bearings
    e. Dry Lentil Beans
    f. Dry Rice
6. Use a hand held vibrating massager and massage along the sensitive area.