

Patient information

Scar Management Programme

Therapies Department

As part of normal wound healing, a scar forms when an incision is made in the skin. A scar takes at least 12 months to mature. Sometimes, while the scar is maturing, important structures under the skin such as the tendons can become adhered (stuck) to the scar. These adhesions can prevent tendons from gliding smoothly and therefore result in decreased range of movement.

Scar Tissue will shorten and contract for up to two years post injury or operation.

Through proper scar management these problems can be reduced or prevented.

Each of the following steps is recommended and should be performed four to six times each day.

- Pinch the skin up on either side of your scar along its entire length, and roll the scar from side to side. (may be easier without lotion)
- Apply a lotion such as a non-perfumed moisturising cream over your scar.

Lotion will:

- Soften and moisturise your scar which can help to reduce uncomfortable sensations and itching
- Remove old skin and debris.
- Help to improve the appearance of scar.

Perform the following methods of scar massage as shown by your therapist. Massage should be started gently, gradually increasing the intensity and should be applied to the surrounding tissues as well as the actual scar.

- 1 Rotate two fingers clockwise then anti clockwise along the scar.
- 2 Rub two fingers across your scar moving along the length of the scar.
- 3 It is important to move along the scar and not concentrate pressure in one area, to prevent blistering.

Silicone gel products may be prescribed if appropriate. The purpose of the gel is to improve the condition of your scar.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

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