



Scar massage

Information for patients from the Hand Therapy Service

Scars are produced as a result of the body's normal healing process. They are a mixture of blood vessels and fibrous tissue. It is perfectly normal therefore for scars to appear extremely good after an operation but then go through a period when they appear to get worse. They may become more red and raised.

Your scar may take approximately 18 months to two years to fully mature.

How does massage help?

Scars can be helped by firm massage with a small amount of E45 or aqueous cream. Massage helps to:

- reduce the redness and swelling, speeding the flattening of your scar
- flush cell debris out of the area and improving your circulation
- make your scar less sensitive; and
- prevent your scar from tethering to underlying surfaces, making sure all the structures under your skin are able to move freely.



What do I need to know before I start massaging?

- A water based cream (for example E45 or vaseline hand cream) is recommended for scar massage, to reduce friction and allow easy circular movements over your scar area.
- Use a pea-size amount of cream, and massage until the cream is completely absorbed into your skin.
- Use a moderate amount of pressure with small circular movements.
- Do not drag your skin.
- Do this up to six times a day.

What if I have any questions or concerns?

If you have any questions or concerns regarding your treatment please call the **Hand Therapy Service on 01227 78 30 65**.

Compared to non-smokers, smokers are more likely to have complications in tissue healing and infections after injuries or surgery. For free friendly support and medication to help you stop smoking, contact One You Kent Smokefree on telephone 0300 12 31 22 0, or email oneyoukent@nhs.net or visit their web site www.oneyoukent.org.uk

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation