



# Scar massage

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## Information for patients from the Hand Therapy Service

A scar is a mark on the skin after a wound or injury has healed. It is normal for scars to look good after an operation, but then go through a period when they appear to get worse. They may become more red and raised. You cannot get rid of a scar, but most will fade over time. This can take up to two years or more, but there are some things you can do to help it heal, and scar massage can help improve how it looks.

### How does massaging my scar help?

- Massage reduces redness and swelling, speeding the flattening of your scar.
- It flushes cell debris out of the area.
- It improves your circulation.
- It makes your scar less sensitive.
- It prevents your scar from tethering to underlying surfaces, making sure that all the structures under your skin are able to move freely.

### What do I need to know before I start massaging?

- Use a water-based cream (for example E45 or Vaseline hand cream) for scar massage. These creams reduce friction, allowing you to make easy circular movements over your scar area.
- Use a pea-size amount of cream. 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 783065.

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.

- **One You Kent**

Telephone: 03001 231 220

Email ([kentcft.oneyoukent@nhs.net](mailto:kentcft.oneyoukent@nhs.net))

Web (<https://www.kentcht.nhs.uk/service/one-you-kent/>)

**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 783145 (tel://+441227783145), or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net) ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net))

**Patients should not bring 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 has been handed into Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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