

Scar Massage

What is scar massage?

Scar massage keeps your child's scar from getting rigid and tight. It involves pressure and stretching of scar tissue. If the scar gets tight, it could limit movement of the area. Scar massage also may help decrease pain and itching as the scar heals. It is important to start scar massage once a scar or wound is fully healed. Your child's health care provider will tell you when to start. You may have to do scar massage for 6 months to 2+ years after the wound is healed.

How is it done?

Your child's healthcare provider will show you how to do scar massage.

1. Wash your hands.
2. Use a thick ointment or cream such as Nivea®, Eucerin® cream, Aquaphor®, Keri® lotion or cocoa butter. It should not contain alcohol or fragrance.
3. Put a small amount of lotion on your child's scar.
4. Use enough lotion so the scar is moist when you are done with the massage.
5. Start at the outer edge of the scar. If a scar has areas that are more sensitive than others, start with the least sensitive area.
6. Press down onto the scar tissue with your fingertips, or thumb and make circles. Repeat until entire scar has been covered.
7. After scar massage, do range of motion exercises as directed by your child's therapist or health care provider.



Note:

- When using pressure, your child's scar may lighten in color (blanch) or turn white with touch. This is normal. It means that the right amount of pressure is being used.
- At first your child may say it hurts. You may lighten the pressure. Slowly increase pressure as your child tolerates.
- Your child may say it tickles if the pressure is too light. This means more pressure should be used.
- If your child is **very** sensitive in the area of the scar, contact their health care provider.

Your child's healthcare provider will show you how to do rollerball scar massage for your child's scar and stage of healing.

ALERT: Call your child's therapist, doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.