

Scar massage - caring for your healed skin

How to care for your healed skin

Your fully healed skin is delicate and needs care to protect it from everyday life and to get the best possible outcome. You may notice that your new skin is very dry. This is because your skin is not yet making its own natural oils. It can take as long as two years before it may do this again.

What is a scar?

If a wound takes longer than two weeks to heal there is a risk of developing a raised scar.

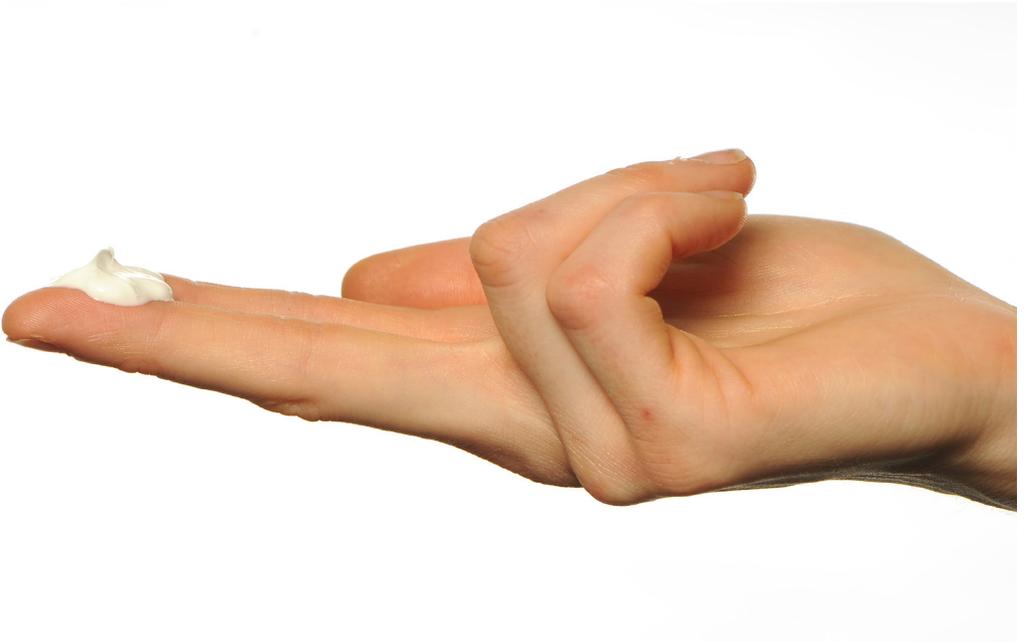
Most scar tissue takes at least 18-24 months before it becomes softer, paler and flatter. During this time you should expect the look of the scar to gradually improve. Initially your scar may be red/pink, thickened and may become firm and raised after healing.

Scar massage

Moisturising and firm massaging of the scar will help break down the scar tissue, helping the scar to become soft and flat.

How to moisturise and massage a scar

1. Wash the area with an unscented soap to rinse off any previous moisturiser to stop the pores in the skin becoming blocked.
2. Once cleaned the area should be gently dried with a clean towel before putting on more moisturising cream.
3. Apply a small amount of cream onto your fingertips and with a firm pressure, rub in a small circular motion over the skin, until the cream has been fully absorbed.





What moisturisers should be used on a scar?

Non perfumed moisturisers should be used for the massage of the scar. If you have allergies to certain moisturisers your GP will be able to advise you on moisturisers suitable for your needs.

How often and for how long will I need to do it?

- This should be done at least three times a day
- This should be done for approx 1-2 years as advised by your therapist.

How does it work?

The cream acts as a moisturiser and lubricant. Firm massage helps to soften and break down the forming scar tissue. It also helps the scar to stay supple preventing it from becoming tight and dry which can limit your movement. If the scar becomes dry the skin can crack and become a wound again so moisturising is important to stop this from happening.

Sun protection

Your scar is more likely to burn in the sun. It is advised that factor 30 sun cream or above is applied whenever the scar it is exposed to the daylight for at least 2 years after the wound has healed.

NOTES

How to contact us

If you have any problems or queries please do not hesitate to contact the relevant department on:

Burns: 01924 541707

Hand Therapy: 01924 541900

Plastic surgery dressing clinic: 01924 541901

Monday to Friday 8am – 4pm

If you have been discharged then please seek advice from your GP about getting referred back to the relevant clinic.

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palsmidyorks@nhs.net**

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