Scar Massage Technique

FAQ

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What is a scar?
When an injury occurs, the body begins to repair itself and the area becomes swollen and sore. Eventually small collagen fibers form, becoming a solid tissue that results in a scar. This scar will continue to change in appearance for 1 to 2 years. Ideally, a scar is smooth and flat, blending in with the surrounding skin. However, some may become highly visible and unattractive due to factors such as your age, scar location and size, nutrition, genetics, or infection.

Hypertrophic Scar?
Occurs where there is an excess production of collagen tissue that is elevated but remains within the wound boundaries. The scar is tense, red and can be associated with itching and tenderness. There are 2 types of hypertrophic scars: Ordinary and Keloid.
The ordinary scar hypertrophic scar usually stabilizes in three months and may even regress and soften.
The Keloid scar is a hypertrophic scar, which invades nearby tissue that was not part of the original wound. The Keloid scar tends to enlarge even after six months and does not regress or soften.

Will scar massage make my scars disappear?
Nothing can make scars disappear. However, massaging the scar assists the body in breaking down the scar tissue to give it a flatter, softer appearance. Massage also mobilizes the scar, preventing it from adhering to underlying tissue, tendons and nerves. You can make the greatest difference in the appearance of the scar if you massage it in the first 3 months following formation.

What should I use on my scars?
You will hear many recommendations. This clinic believes that it is the technique of the massage that reduces the scar and not necessarily the choice of ointments or creams. We do discourage the use of Vitamin E oil, however, due to studies that have reported scar inflammation and deterioration.

How do I massage my scars?
Generously apply the lotion of choice, other than vitamin E into the scar 3-4 times a day for 8 weeks on new scars, and 3 to 4 times per day for 3 to 6 months on existing scars. Using your finger, apply pressure to the scar in a crosswise and circular direction, gearing down as hard as possible.

Protection from the sun
Exposure to the sun on fresh scars can make the scar permanently darker. Therefore, after the scar has healed, at approximately 3-6 weeks after surgery, a sun-block with at least 30SPF or sun protective clothing should be worn at all times. This protection should be used during the “red” phase, as long as the scar appears red, usually 6-12 months.