

Scar Tissue Massage

Why does scar tissue form?

Scar formation is the body's healing response to injury. Surgery involves cutting tissue to repair structures, and the body creates scar in the location of surgery to heal. Every surgery causes some scar formation; it is simply a matter of how much forms and whether it causes symptoms (stiffness, pain, etc.). Scar tissue can be superficial (on the skin) and deep in the area of surgery. Fresh scars are typically more raised than more healed scars. At about 4-6 months, scars begin to decrease in size but there are things that can be done to help with healing.



ASSH Scar Management

How do I improve scarring?

Once cleared (typically 3-4 weeks post-op), begin the following:

- Scar tissue massage
- Sunscreen over the incision when exposed to the sun (prevents darkening of the incision)
- Avoid anything that can cause irritation or reaction in the area of scar
- Silicone gel sheet covering: Use 12+ hours a day for 3-6 months

Scar tissue massage

Scar tissue massage can decrease the bulkiness of scar tissue while also improving the sensitivity of the tissue. Begin with light pressure and progress to deeper pressure on the area. This can be done throughout the day, at least 3 times a day. Ideally, a thick cream or ointment can be applied while massaging to help soften the tissue. Some examples are Vitamin E oil, Mederma®, Eucerin®, and Biocorneum®.

