

Scar Massage

Introduction

A scar forms when skin is cut during the surgery. It is a normal healing process.

It may appear raised and red at first. Over time, the scar will fade. It can take 18 months for the scar to heal fully.

Why do I need to massage my scar?

The scar tissue on your residual limb can become stuck (tethered) to the bone or structures underneath it. This can cause skin breakdown and discomfort when you are wearing your prosthesis.

Massaging your scar helps to prevent it from becoming stuck.

Massaging your scar can also help

- speed up healing of the scar,
- decrease redness and swelling,
- improve its appearance and
- make it less sensitive.



How do I massage my scar?

1. Apply a small amount of non-coloured and non-perfumed cream to your two fingers. E-45 or Silcocks-based lotion can be used.
2. Massage in a circular movement close to your scar first. Then massage across the scar over the bone of your residual limb. Use with firm pressure.
3. Only massage your scar when the wound is completely closed (with **no** scab remaining).
4. The goal is to be able to move the skin and the scar over the bone or the muscle of your residual limb.
5. Massage for 10 minutes, 5 times daily.

