

SCAR MASSAGE

You may begin scar massage five weeks after suture removal.

Scar massage is **NOT** medically necessary. It is used for the cosmetic appearance of your scar. If you do not perform this procedure, it will not affect the medical outcome of your surgery.

Do **NOT** perform scar massage if there is any sign of infection or an opening of the wound.

If you have Steri-Strips in place, please remove them prior to performing scar massage.

Apply a water-based moisturizer to your fingertips (Cetaphil, Manuka Honey Wound Gel, Aquaphor, Eucerin, etc.).

Massage in firmly with your fingertips using circular motions from top to bottom or side to side on the scar.

Repeat as often as you would like but at least three times a day, 5-10 minutes each time.

You may continue scar massage until the scar has a “flattened” appearance.