

## Physiotherapy department

# Scars

A scar is a mark left on the skin after an injury or surgery has healed. Scars are a natural part of the healing process. This process involves the tissue damage and inflammation, an increase in collagen, whereby new tissue is produced and the wound contracts to reduce the gap, and remodelling, whereby the scar tissue becomes stronger and begins to fade. Although the scar will become paler over time, it may never completely disappear.

The process of scar healing can take up to 2 years to fully mature. Once the wound has scabbed over and healed, the skin ends have sealed and adjoined, you can carry out treatment to help improve the appearance and prevent it sticking to underlying structures.

### Scar Massage

Newly healed skin is unable to lubricate itself as well as undamaged skin so once the wound has healed a gentle moisturized massage along the wound site can help prevent drying and cracking.

Once the wound has scabbed over and healed, a more vigorous scar massage can be performed. This will help to prevent the scar tissue sticking to underlying tissues and help improve the appearance of the scar.

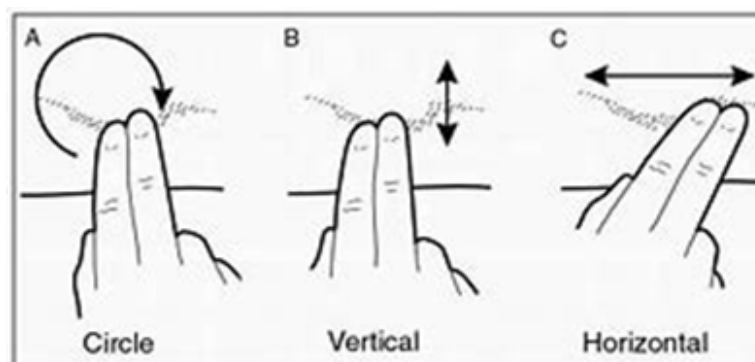
Scar massage can help:

- Reduce itchiness and over-sensitivity of scars
- Moisturise your scar if you use cream
- Improve the flexibility, mobility and softness of scars
- Make collagen form more evenly by applying pressure

You should start massaging your scar when your wounds are healed or after your stitches are removed.

### How do I massage my scars?

Use the pads of your fingers to massage the scar and surrounding tissues. Massage in all directions. Apply as much pressure as you can without it hurting, beginning with light pressure and moving to deeper and firmer pressure as the scar continues to heal.



You may find some flakes of skin lift from the scar. Do not worry, but in future sessions apply a slightly lighter pressure and consider a lubricant. If you find the scar opens, or bleeds, you need to reduce the pressure immediately and allow this part of the skin to re heal.

Massage your scar every day, \_\_\_\_\_ times a day for at least \_\_\_\_\_ minutes at a time.

### QR Code:

Scan the QR code below to take you to our website.



### Web Address:

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

**If you have any comments about this leaflet or the service you have received you can contact :**

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[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"