

Scar management

Scar management is the attempt to control how scars form during healing; trying to prevent deformity, optimize function and improve appearance.

Scar Massage helps to soften scars and can help prevent contractures. It can also help to relieve the itching and pain that affect many burn survivors. Scar massage is generally done two or more times a day and is sometimes combined with heat and lotion. Only gentle massage should be done to newly-healed skin, because the skin is fragile and may blister or break down. As the skin becomes stronger, greater pressure can be used.

Important Functions

- Promotes collagen remodeling by applying pressure to the scars
- Helps decrease itching
- Provides moisture and pliability to the area

Massage Directions

Using your fingertips work in a circular movements side to side toward the center of the scar. Also, work diagonally and in an up and down motion. Pinching the scar to stretch the area can also help. Pressure applied should be as much as you can tolerate. Begin with light pressure and progress to deeper/firmer pressure. Start to massage when the wound is healed, usually multiple times a day, spending 5 minutes on a 2 inch area. It is beneficial to moisturize the scar often.

Massage in all three directions:

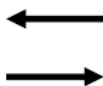
Circles (clockwise or counterclockwise)



Vertical (up and down)



Horizontal (side to side)



Be careful not to massage an open wound. If a problem arises, contact your therapist.