

Scar Care

This leaflet tells you how to look after your scar and help it to heal. If you have any questions or need further information, please do not hesitate to call your hand therapist on the number given at the end of this leaflet.

What is a scar?

A scar is part of your body's normal healing process. It is a mixture of blood vessels, cells and fibrous tissue.

The amount of scar tissue depends on:

- How much time has passed since your injury
- The extent of your injury
- The size of the incision (cut) made for surgery
- General health

Your scar may appear extremely good immediately after your operation, but then go through a period when it seems to get worse. It may become redder and more raised. This should improve, but healing can take up to 18 months.

Scar massage

You should massage your scar for five minutes, five times each day.

Massaging your scar regularly can greatly help it to heal. Massage helps to prevent the scar from sticking to the body tissues underneath it, which can limit movement. It also helps to reduce redness and swelling and speeds up the flattening of the scar.

For two of your five daily massages, use a non-perfumed cream such as E45, Nivea or aqueous cream on your scar. This will help to reduce the amount of dry skin and soften your scar.

Your hand therapist will also show you how to do deeper massage, in circular motions across your scar. This should be done for five minutes on the other three occasions during the day.

Hypersensitive Scars.

See separate desensitisation leaflet

If you require any advice, please contact the hand therapy team on (01392) 402429 (Plastic Surgery) or (01392) 403522 (Rheumatology / Orthopaedics).

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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