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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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## *Massaging healed wounds*

Scars take many months to mature. They often change in colour, dependant on the temperature. Scarred skin can become thick and lumpy as it is often unable to produce its own oil or sweat. You may find it becomes dry and itchy. Moisturizing and massage can help.

It is important to keep scars well moisturized to prevent skin breakdown. You can greatly improve the appearance of the scar with massage. Scar tissue can build up underneath your scar area and stick to underlying structures causing difficulty with movement.

Once your wound is healed, you are encouraged to massage the area to help to keep the scar supple and clean.

The grafted or scarred area should be:

- Washed with warm water and dried thoroughly with a clean towel.
- Massage the healed area with a moisturising cream. The cream should have no added perfume as this can cause a reaction in the scar. It is better to use cream from a tube rather than a jar as it is cleaner. With your thumb, make small firm circles on and around the sensitive and scarred area. Gradually increase the pressure over the next few days as the area becomes less sensitive. Do this for 5 minutes continually. This can be done at least twice daily. You should do this for at least a year.
- If you are unable to reach the area yourself, you can ask someone to help you do this for you.
- It is important to use a high factor sunblock and cover the affected area with clothing.

### Questions?

If you have any problems or questions related to your wound please contact a member of the Plastic Out-patients Dressing Clinic on the number below.

**Plastic Out-patient Dressing Clinic**  
**01722 336262 ext 3254**