

## Scar Tissue

Normal healing creates scar tissue. The time of healing can be influenced by your age and your other health conditions.

Scars/surgical wounds can take years to go through 3 phases of healing:

- **Inflammation:** 1-2 weeks following surgery  
There may be redness, tenderness, and swollen appearance immediately around the incision.
- **Proliferation:** 1-2 months following surgery  
The scar(s) may appear stiff, raised, and pink/red
- **Remodeling:** 1-2 years following surgery  
Incision/scar(s) soften, lighten in color, and usually flatten.

## Scar Massage

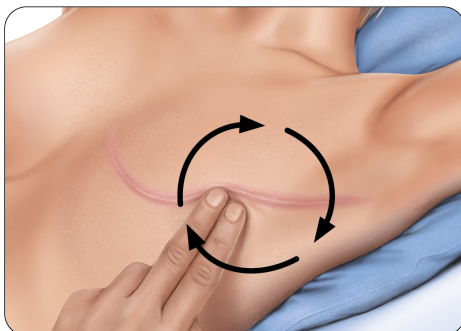
Scar massage can help with the remodeling phase of healing. Massage often reduces itching, tightness, and sensitivity around incisions/scars, and can help promote flattening of scar.

## When to do scar massage

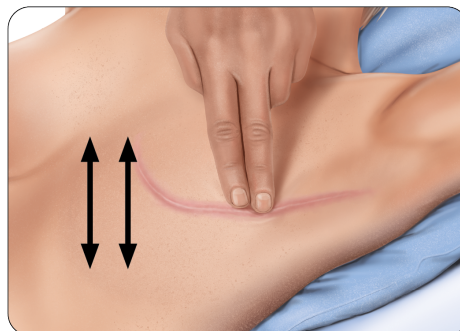
Consider starting scar massage 1 month following surgery (unless otherwise instructed by surgical team). There are benefits to massaging her scar throughout the healing process. Scar massage can be performed daily for the duration of the remodeling phase of healing (up to 2 years).

## How to do scar massage

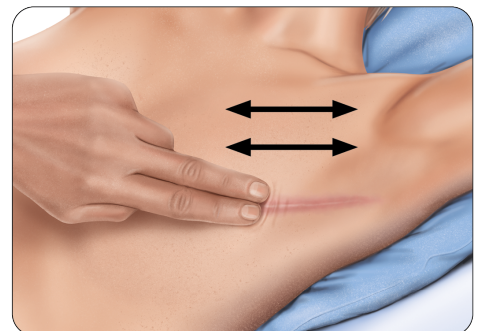
- Massage your scar(s) 1-3 times per day for 5 to 10 minutes at a time.
- Using the tips of your fingers, apply a comfortable amount of pressure and massage using the motions as shown below.
- May apply a bit of all of olive oil or hypoallergenic moisturizing lotion (Eucerin, Nivea, Aveeno, Moderma) to scar during massage.



Circles



Up and down  
(vertical)



Side to side  
(horizontal)