

Scar management - scar massage and silicone therapy

Patient information



Scar massage

Scar massage helps to increase blood circulation and promotes collagen remodelling by applying pressure to the scar. It can reduce itching, reduce hypersensitivity, soften scars and can prevent or breakdown adhesions to underlying soft tissue.

Technique:

- Can be completed once the scar is completely healed
- Use almond oil or aqueous cream (Mineral Oil – baby oil or lanolin based products do not penetrate the skin)
- For the best results the oil or cream used should be absorbed into the skin and leave it feeling supple
- Massage in circles along the scar and horizontally across the scar
- Massage three to four times daily for at least five minutes for each area of scarring

Silicone therapy

Silicone therapy is used to help with reducing or preventing problematic scarring. It assists the scar to become softer, flatter and paler by having an effect on the body's normal healing and scarring process.

Re-usable Adhesive Silicone Sheeting

Application:

1. Ensure skin is clean and dry
2. Peel away protective liner and save it for later use
3. Place the sheet / patch sticky side down directly over the scarred area
4. Keep in place for 12 to 23 hours per day with removal for showering
5. At least once daily remove the patch and rinse under water and dry thoroughly
6. If you are not wearing the silicone sheet re-apply the protective liner to prevent it from drying out
7. Each patch should last four to six weeks

Topical Silicone Scar Gel

Application:

1. Ensure skin clean and dry
2. Apply small amount by smearing over scar
3. Allow 5 minutes to dry and then you can put clothes etc over as normal
4. Re-apply at least 2 times daily after massaging or getting wet – when re-applying ensure the previous application has been washed off

Who should I contact if I have any problems?

If you have any problems or questions regarding your scar management please contact the hand therapy team on **01642 835595**.

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