

Scar Management

Part II



It is important to massage your child's scar after surgery. It keeps the tissue around the incision loose, so it doesn't "stick" to the tissue underneath. Gentle massage can help to:

- Decrease or minimize tethering (when the incision sticks to the tissue underneath) and tightness
- Decrease sensitivity or itchiness around the scar
- Soften the scar

Now that your child's incision is healed, you may begin to gently touch your child's scar. Before touching the incision, gently touch the area around the scar and then move onto the scar itself. If your child tenses or becomes upset when you touch around the scar, start by placing your hand over the scar without moving it. If your child is able to, they can touch on and around their scar. If your child is sensitive, the scar can be touched over clothes or a thin blanket.

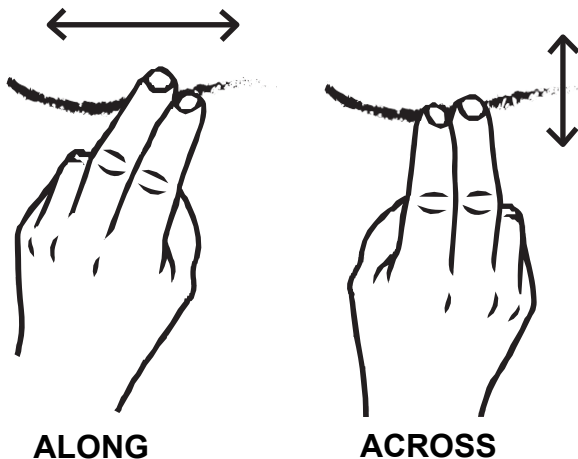
Once your child allows the scar to be touched, we are going to teach you how to massage the scar. You will be moving your fingers along the scar in one direction and then progress to all directions. Please follow these steps (and see pictures for more information):

Depending on the location of the scar different amounts of pressure may be required to move the scar.

Location of scar _____

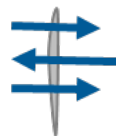
Type of pressure:

- ☐ Feather light
- ☐ Moderate (enough pressure where your finger stays in contact with the scar and moves the scar and skin together)
- ☐ Other: _____



1. Place your finger on the scar
2. Apply gentle downward pressure from your fingertips onto the scar
 - ☐ Scar will look lighter in color and pressure will slightly indent the skin
3. Move the scar with your fingertips
 - a. 5-10 minutes
 - b. 3 times per day
4. Start with moving the scar in the same direction of the scar then add in any of the below patterns to your child's tolerance:

- ☐ Side-to-side
- ☐ Small Circles
- ☐ Zig Zag



5. Have your child stay active!

What is scar hydration?

When an incision starts to heal, it can be dry and itchy. To keep the scar hydrated (moist), lotions and creams can be applied to it. Before any lotions or creams can be used on your child's scar, **please ask your doctor when it is ok to do so**. It is also important to protect the scar from the sun. Sunscreen may be used after 6 months of age.

Avoid lotions with fragrances (smell). Types of gels and lotions that may be used include:

- Aloe vera
- Aquaphor®
- Eucerin®
- Mederma®
- Vaseline®
- Vitamin A&D Ointment®



- Do not massage over open skin or wounds.
- If the scar becomes sore, reopens, or a rash develops stop massage and contact the medical team.
- Redness may occur but should go away within 15-20 minutes, please discontinue massage if there is redness that lasts more than 20 minutes.
- Discontinue massage if it is not tolerated by your child.
- Continue scar massage for about 3 months.
- Continue protection from the sun for about 1 year.

If you have any questions or concerns, please contact:

- ☐ Medical Team: _____
- ☐ Rehabilitation Medicine: _____
- ☐ Pediatrician: _____
- ☐ Other: _____