

Scar Tissue Massage

Scar tissue massage should only commence when the stitches have been removed/dissolved, all scabs have disappeared and no weeping or heat is present. Usually after 2 weeks. Be sure your doctor is happy with the scar before you start as you may break down the tissue if you massage too early.

Reasons for massage:

- Reduce sensitivity to the area;
- Stimulate optimal tissue healing and prevent adhesions of superficial or deep tissues;
- Regain range of motion.

The area around the scar may feel numb or have altered sensation or may even be painful. Gentle massage helps reduce this sensitivity.

Use non-perfumed creams such as sorbolene cream, Vitamin E or Bio-oil.

- Brush and stroke gently at first above and below the breast in a sweeping motion. Use the pads of your fingers for this.
- Then you can massage across the scar itself with one fingertip in a circular motion along the length of the scar, concentrating on areas of harder/tighter scar tissue.

Returning to normal activities:

Do:

- Slowly build up the amount of weight you carry starting with your drains. Build up to 1-2 kg/L initially and gradually increase weight carried.
- If you've had a total mastectomy and tissue expanders inserted watch pushing open heavy doors or pushing shopping trolleys for first 2 weeks and keep arms at shoulder height.
- Gradually return to normal exercise such as tennis and gym work – seek your surgeon's advice on when this is appropriate for your surgery.
- Ask your surgeon's advice on when you can return to high impact exercise e.g. jogging.
- Try to use your arm as normal.