PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • SCAR TISSUE / HEALED SKIN CARE

Scar tissue: care as you heal

Scars are part of normal healing after injury or surgery. They may feel firm, itchy, sensitive or tight and can change over 2 years or more. This guide is for healed skin, alongside your clinical plan.

YOUR PRACTICAL SELF-CARE PLAN

01	**WAIT FOR HEALING** **Check before massage**	Start only when the wound is fully closed, dry and healed, with scabs naturally gone, and your team says it is safe. Healing time varies; do not rely on a fixed week.
02	**CARE FOR THE SKIN** **Keep it comfortable**	Wash and dry gently. Use a small amount of a suitable non-perfumed moisturiser on healed skin. Stop if it causes irritation and ask for an alternative.
03	**IF ADVISED** **Massage gently**	Use light, small circular movements as demonstrated by your therapist. Build pressure only if advised and comfortable. Avoid deep pressure over numb skin or a healing repair.
04	**RESTORE CONFIDENCE** **Move & desensitise**	Follow prescribed movement exercises, especially if the scar crosses a joint. If touch is uncomfortable, your therapist may introduce gentle textures and touch gradually rather than forceful rubbing.

OTHER OPTIONS

Silicone gel or sheets may help some raised scars, once the skin is fully healed. Ask your clinician about suitability. Massage does not remove a scar or guarantee release of deeper adhesions.

PROTECT FROM THE SUN

Cover the scar and use SPF 50 sunscreen on healed skin. Follow your team's advice, especially during the first year. Scars can be more vulnerable to sun damage.

WHEN TO GET MEDICAL HELP

Urgent GP / NHS 111: increasing warmth, swelling or pain, pus, spreading redness or fever. These may indicate infection; stop massage and do not apply silicone over the area.

Contact your surgical team: a wound that opens, bleeds or begins leaking, or concerns about a skin graft, flap or tendon repair. Follow the procedure-specific restrictions before starting scar treatment.

Arrange a review: a scar that restricts movement, keeps growing beyond the original wound, remains very painful or affects your wellbeing. Specialist scar care may help; do not keep increasing pressure.

INFORMED BY: RNOH: Scar care • CUH: Scar massage • NHS: Scars • Leeds: Scar care

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

GET IN TOUCH

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Physiotherapy in Abingdon | Online support available