



SCAR MASSAGE

Scar massage is one of the most important things to do following surgery or laceration/wound of the upper extremity. Scars have the potential to become very thick, firm, and even painful. It can create hypersensitivity or limit motion of a joint. Once sutures are removed, you'll want to immediately start with scar massage to prevent any of the above mentioned issues. In order to do this effectively, use the pad of your fingertip on the opposite hand. Use moderate to firm pressure to move in a circular fashion of the entire scar and area surrounding. Your goal is try to move the skin and soften underlying tissue.

