

## Patient information factsheet

# Caring for your scar

This factsheet explains how to care for your scar. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### Scars

A scar is a mark left on the skin after a wound or injury has healed. Scars are a natural part of the body's healing process, and are a mixture of blood vessels and fibrous tissue.

### Recovery

Don't worry if your scar seems to change in appearance (becomes darker or more raised). This is normal. Most scars will eventually flatten and fade to the colour of your skin. This usually takes 12 to 18 months, but it can sometimes take longer.

### Treatment

We will show you how to care for your scar.

### Scar massage

Massaging your scar can help to flatten and soften it, and can help to separate the different layers of tissue underneath the skin. Unperfumed cream is ideal for massaging scars. You will need to massage across the scar line in circular movements using deep and firm pressure. This ensures that the scar does not stick to the underlying surface, and helps the structures under the skin to move freely.

Massage your scar up to three times a day.

### Contact us

If you have any questions about caring for your scar, please contact us.

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

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