

Scar management for hands

Therapy Services

Patient Information Leaflet

Introduction

A scar is part of your body's normal healing process. Massaging your scar regularly can greatly help it to heal. Massage helps to prevent the scar from sticking to the body tissues underneath it, which can limit movement. It may also reduce redness and swelling and speed up the flattening of the scar, helping to prevent it from becoming thick and lumpy.

How do I massage my scar?

- Massage the scar using the tip of your thumb with a non-perfumed moisturising cream, such as E45 or Vaseline.
- Massage firmly in a circular motion so that the scar moves on the underlying tissue. Your occupational therapist will show you how to do this.
- Massage at least two to three times daily for two to three minutes each time.

Important notes

- Do not massage your hand if you have open wounds.
- If the scar reopens or becomes sore, stop massaging and speak to your occupational therapist.
- If you notice any skin irritation, stop the scar massage until you have spoken to your therapist.

Specific recommendations from your occupational therapist:

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Occupational therapist, Hand Therapy Team on 01384 456111 ext. 2430 (9am to 5pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/occupational-therapy/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔