



Frisbie Memorial Hospital

Marsh Brook Rehabilitation Services

Wentworth-Douglass Hospital

## **Scar Management and Desensitization Techniques**

**Purpose:** Scar tissue production is a natural process for our bodies to heal wounds. Initially, scar tissue is very flexible. As weeks go by, scar tissue matures and becomes less pliable. Scar tissue, as it tightens, can interfere with achieving full range of motion and may cause pain and/or hypersensitivity on or around the scar surface. Performing scar massage regularly can help scar tissue to form uniformly and prevent scar adhesions.

Often times, the scar/surgical site and surrounding tissue is left feeling hypersensitive. This is due to the scar tissue and swelling interrupting the skin's sensory nerve fibers from normal feeling. Doing desensitization techniques can help these sensory nerves to normalize again.

\_\_\_\_\_ Scar Massage: Using a thick lotion/cream, apply pressure to the scar in a circular motion (firmly) for 5 minutes at least 4 times per day.

\_\_\_\_\_ Desensitization: (1 minute each)

TAP – comb, spoon, table edge  
RUB – comb, bottle cap, cloth

**\*\* Continue with scar massage for up to six months after your surgery. \*\***

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