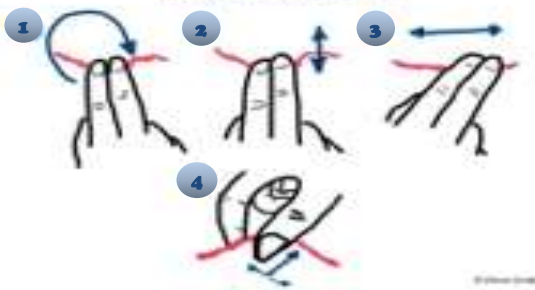


## How to massage

Use the pad of your thumb or finger and place on the scar. Massage using a slow, circular motion so that the skin moves on the scar tissue below. Repeat this process across the full scar. Use firm pressure, however no damage should be caused to the skin.

### HOW TO MASSAGE A SCAR



Do not massage any open wounds.

Stop if the wound becomes sore or blisters.

Seek medical advice if the wound re-opens.

## Protect your scar from sunlight

It is very important to protect scars from sunlight. Sun damage can permanently discolour the scar and they can burn easily. You should use a very strong sun block (SPF 50 or higher) on your scar for up to 2 years after the injury or surgery.

### Who to contact if you have any worries

Phone 0151 228 4811.

Extension 2400 for the Burns Unit.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Eaton Road  
Liverpool  
L12 2AP  
Tel: 0151 228 4811

[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

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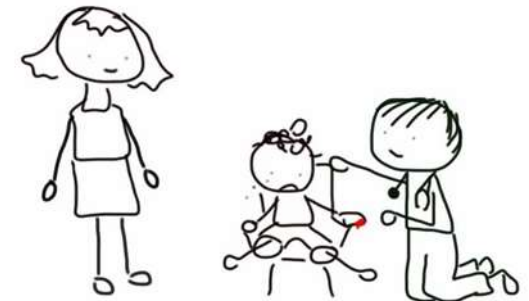
Alder Hey Children's  
NHS Foundation Trust

Plastic Surgery Team

## Plastic Surgery Minor Injuries

### After Care Information Leaflet

WAITING ROOM



## Early Bird Clinic

Information for  
parents and carers

## Early Bird Clinic

Thank you for attending Early Bird Clinic. The Plastic Surgery Team have reviewed your child. You need to manage your child's wound and look after the scar.

## Wound Management

It is important to keep the wound clean and dry. Infection delays the healing process and could make your child sick. Consult your GP if you notice any of the following signs:

- Swelling
- Redness
- Increased pain in the affected area
- Pus, smelly discharge or persistent ooze
- A raised temperature of 38°C or above (Fever)



## What is a scar?

A scar is a mark left on the skin following an injury, surgery or disease. All skin wounds result in a scar. This is a natural part of the healing process.

For the first few weeks the scar is usually red, thick and raised. Over time most will become paler, flatter and softer. Although they never completely disappear. Scars can take up to two years to mature fully.

To help your scar mature it is recommended that you massage and moisturise.

## Looking after your scar

### What is scar massage?

Massaging a scar involves rubbing and moving the skin and underlying tissue in a firm manner. Massaging using a non-perfumed moisturising cream is recommended.



## Why massage?

Scar tissue may become hard and raised. Massage can help to soften and flatten the scar tissue. Scar tissue may stick to any structures like muscles, tendons, blood vessels, nerves and bones. Massage can prevent this from happening and helps to keep the scar tissue flexible.

Scars may feel sensitive, tingle or hurt when touched. Regular massage can help to limit this and in time should ease.

## When to massage?

Once the scar is fully healed, then start to massage. It usually recommended that you massage the scar 2 to 3 times a day for around 5 to 10 minutes. Continue to massage the scar until it has matured.

