Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Scar Massage

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Last modified date: **12th November 2026**

Scar Massage

Patient Information

Upper Limb Unit, Wrightington Hospital

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Scar Massage

Scars are formed naturally when the body repairs itself after a wound. They are a mixture of blood vessels and fibrous tissue and can initially appear red, thickened, and raised. Your scar will change over time, becoming flatter and softer, but may take 18 months to two years to fully mature. The appearance of your scar can be improved during this time by performing scar massage.

Scar massage helps to:

- Reduce scar redness and swelling
- Improve scar circulation
- Reduce scar sensitivity
- Prevent the scar from sticking to underlying surfaces, ensuring all structures under the skin can move freely and glide over each other

Performing scar massage

- Apply a thin layer of plain, non-perfumed hand cream (e.g. E45 cream) or natural oil (e.g. olive oil), over the scar area
- Using your finger, massage the cream along the scar and surrounding areas using small circular movements
- Press firmly along the scar as demonstrated by your therapist. The pressure applied by the finger should cause the nail to whiten slightly
- Continue to massage for approximately three to five minutes
- Repeat the massage process four to six times a day or as advised by your therapist

If you experience any problems, please contact your therapist.

Contact Information

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