

McLaren Print System Order

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Ship Location: **CENTER FOR REHABILITATION, Att: Krystin Wolschleger**
 3190 E Midland Rd
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Brochures
 Quantity: 100
 Paragon Dept No: 26900-2161
 Dept Name: Marketing
 Company Number:

Order Total Price: 34.10

Item Number: BAY-177
 Item Description: Abdominal Scar Massage After Cesarean Section Flyer
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ABDOMINAL SCAR MASSAGE AFTER CESAREAN SECTION

After cesarean section delivery, the scar can be painful, cause weakness in the abdominal muscles, and prevent healthy movement of the organs in the pelvic region.

Scar tissue can cause pain with daily activities and impair normal movement patterns. Scar massage manipulates the tissue on and around the scar to improve mobility and function of the abdominal muscles. Scar massage can even prevent excessive scarring, improve the appearance of the scar, and decrease sensitivity to the area.

- For the first few weeks after surgery, it is normal for the scar to be pink/red and slightly raised. If your scar is causing excessive discomfort and/or restriction, please call your healthcare provider.
- Scars itch as they heal and can have areas of numbness.
- Lotion is not recommended during scar massage because it decreases the friction between the layers of tissue needed for scar mobilization.



There are **two** strategies for massaging abdominal scars:

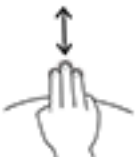
- 1: Stretching and desensitizing the skin **around** the scar.
- 2: Stretching and desensitizing the skin **directly on** the scar.

Scar massage should be performed daily for 5 – 10 minutes until you no longer feel tissue restriction in any direction around and on the scar.

1. SKIN STRETCHING AROUND THE SCAR

Begin skin stretching 2 – 3 weeks after surgery, only if the incision is **completely** healed without any scabbing present. Perform scar massage 5 – 10 minutes each day. Always have clean hands with no lotion.

1. Place two fingers 1 – 2 inches from the scar.
2. Stretch the skin by moving the fingers up and down moving around the entire scar.
3. Then, perform skin stretching side-to-side around the scar, followed by clockwise/counterclockwise circles above and below the scar.
4. Massage completely around the scar, repeating each movement 5-10 times.



UP-AND-DOWN



SIDE-TO-SIDE



CIRCLE

Spec Info:

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 How to Mass Your Abdominal Scar and the pelvic physicals blog website. Copyright 2017. Accessed June 16, 2021.
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