Blueberries & Jellyfish

Self-Massage of your Abdominal Scar

As well as seeing a qualified Scar Massage Therapist like myself, there is so much you can do to help your scar to heal including self- massage, eating the right food, breathwork and the right type of movement.

Scars heal and remodel for up to 2 years after surgery, so there is lots of time to manipulate change. Even if you are further down the line, it is still worth massaging your scar if you haven't done it before. Even scars over 10-15 years old can be improved.

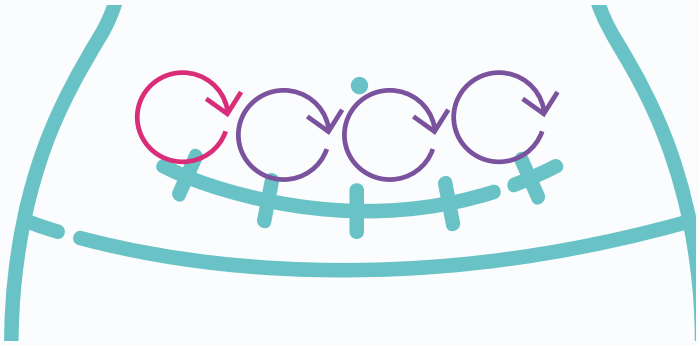
The scar must be fully healed, and I recommend leave it around 8-12 weeks. If you are unsure whether it is healed, consult your GP or a women's health physio. There is no need to use expensive scar oil; any non-fragranced moisturising cream or oil is great.

Massage aids healing, reduces scar sensitivity, improves the mobility of the skin, improves the appearance of an 'overhang' and breaks down unnecessary scar adhesions which can build up over time.

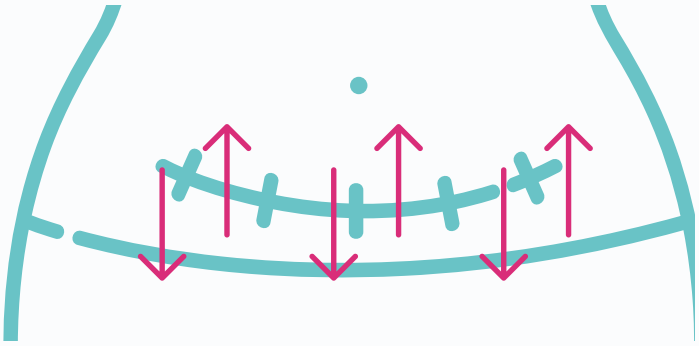
Your scar may be sensitive to begin with, so start massaging away from the scar and then as you get used to the feeling you can work closer to the scar itself. Your scar tissue is not limited to the scar itself, so it's important to work around the scar on an ongoing basis. Increase the pressure gradually and spend a couple of minutes on each technique.

If you struggle to touch your scar or around it, start by gently running a clean, soft make up brush around the area until you feel comfortable to brush on the scar. You can also gently glide soft material against it to aid de-sensitisation of the area.

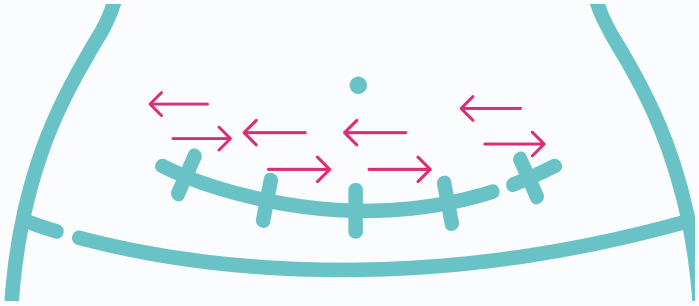
Just a few minutes of massage a day can make all the difference to your scar healing and below are 4 techniques you can try.



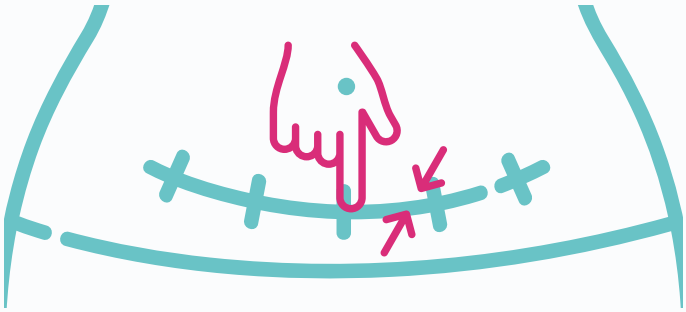
Circular massage above, below and on the scar itself as tolerated.



Pull away from the scar in opposite directions, long and short strokes.



WIth a flat hand, pull the scar horizonally, then use the other hand to pull the opposite direction.



Pinch some tissue around or on the scar, roll the pinched skin up/down/side to side.

if you would like to work 1-2-1 with me on improving the health of your abdominal scar I offer Soft Tissue Massage and Scar Tissue Therapy treatments at my private studio.

Click below to learn more and book your first session with me.

LEARN MORE ABOUT THE TREATMENTS I OFFER

I'm Noelle,

I help women thrive during the peri to post-menopausal years through movement, massage, mindset and nutrition, to help them feel confident and comfortable in their own skin with my expert knowledge, experience and support.