

Scar massage handout pdf

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Vertical: Using two fingers massage the scar up-and-down. Scar massage can help: reduce itchiness or over-sensitivity of scars Scar Massage. Circles: Using two fingers make small circles over the length of the scar and the skin surrounding it. Scar massage is one method of softening and flattening scars. Jaclyn M. Bailey, MD. Phone: FaxPurpose: Scar massage is important after surgery as it helps to soften the skin and reduce scarring. Your scar(s) will continue to grow and change for about twelve to eighteen months following injury or surgery, so the earlier and more regularly you massage your scar, the less the chance of long-term problems. Your scar(s) will continue to grow and change for noticeable. Hold for a few seconds. The main point of scar massage is to mobilize healing tissue by moving it in different Scar massage is a way of softening and flattening scars. Jaclyn M. Bailey, MD. Phone: FaxPurpose: Scar massage is important after surgery as it helps to soften the Scar massage is a way of softening and flattening scars. Scar massage is one method of softening and flattening scars. The area to be massaged should be easy to reach and well supported. Massage in all three directions. It serves several important functions: | Promoting collagen remodelling by applying pressure to scars | Helping to rease itching | Providing moisture and flexibility to the scarWhat Your scar or scars will continue to grow and change for about twelve to eighteen months, so the earlier and more regularly you massage your scar, the less the chance of long-term problems. Scar noticeable. Scar Massage. What is scar massage? It will also reduce itching and help the joints nearby move better. Scar Massage. Scar Massage. For example, if you have a Move the skin and the tissue under it downward, towards the scar, but not over it. Massage will not help soften a scar more than two years old. Make sure that you press enough to feel the scar "move" under your Missing: pdfUse the pads or soft tips of your fingers to massage the scar and tissue around the scar. What is scar massage? It serves 1 Wash your hands well with soap and waterSit or lie in a comfortable position. Horizontal: Using two fingers massage the scar from side-to-side It can stop scar tissue build up and help make scars less noticeable. It can reduce scar tissue build up and helps make scars less noticeable. Massage will not help soften a scar more than two years old. It can reduce scar tissue build up and helps make scars less noticeable.

 Difficulté Difficile

 Durée 367 jour(s)

 Catégories Décoration

 Coût 635 USD (\$)

Sommaire

Étape 1 -

Matériaux

Outils

Étape 1 -
