

Massage for Burn Scars

What are burn scars?

Burn scars may feel like a thickening of the healed skin. Your Occupational Therapist will monitor your skin to minimise your burn scar as it heals.

Superficial (minor) burns usually take approximately two weeks to heal. These burns usually heal without developing scars. However factors such as your age, ethnicity or complexion may increase your chance of developing scars.

Deep-partial and full-thickness (severe) burns take more than two weeks to heal and often require grafting. These burns will need early and continued therapy to minimise scarring.

One of the techniques for burns scar therapy is scar massage

Why should I use scar massage?

Benefits may include:

- Softening your scar.
- Improving skin movement.
- Reducing itching.
- Reducing skin sensitivity.
- Improving comfort when touching or moving your burned skin.
- Improving the way you feel about your scars.
- Improving scar appearance.

When is scar massage not to be used?

Your scar is not suitable for scar massage if your burn or skin graft:

- Is infected (red & hot to touch).
- Is still fragile (skin looks thin or 'papery').
- Has open wounds

Your Occupational Therapist will tell you when you should begin scar massage and will demonstrate the correct technique to use.

How do I massage my scar?

Scar massage is easy to do yourself.

- When massaging your skin, press firmly so that your skin turns a paler colour (i.e. white or pink compared to the surrounding skin).
- Massage in a firm, circular and slow motion.
- Do not rub your skin too fast or it may become painful and red.



- Wait until you feel your skin soften under your fingers before moving to another area of your scar.
- Be sure your finger nails are short to prevent scratching.
- A chemical-free moisturiser (with no fragrances or colours) may be used if your skin is dry

How often should I massage my scar?

- Massage _____ times each day for _____ minutes.

Please contact your Occupational Therapist if you have any queries or concerns.

Occupational Therapist: _____

Phone: (07) 3646 7100