



Cesarean Scar Massage Instructions

♥ **Cesarean scar massage** increases the elasticity of the scar tissue and restores “normal” sensation. It can allow the different layers of tissue (connective tissue, muscle, and abdominal fat) to glide over each other better, which improves the function of the abdominal muscles and can decrease pain and discomfort. It can also smooth out fat storage so there isn't a “shelf” at the scar. Scar massage is beneficial even many years after a cesarean birth.

♥ If you had a cesarean birth recently, **wait until you've been given clearance** by your birth medical provider when your incision is fully healed (usually 6–8 weeks).

♥ Getting started

- If you have any changes in sensation around the area of your scar (less feeling, or more irritability), perform desensitization first.
 - Begin with a tissue, makeup brush, cotton ball, or something similar. While laying down comfortably, gently stroke the scar with the implement for 3–5 minutes once a day.
 - After a week, if stroking starts to feel more normal, progress to making circles, or other shapes. After this starts to feel more normal, progress to the massage below.
- The shower is a great place to perform scar massage, since you are relaxed and by yourself, and the warmth and moisture will enhance the beneficial effects of the massage.
- Place two fingers at one end of your scar, similar to the the picture. Make circles directly over the scar with a gentle pressure directed in toward your belly.





Cesarean Scar Massage Instructions

- Travel down the length of your scar making circles. Go slowly enough that it takes about 1–2 minutes to go from end to end.
- Repeat for a total of 4–5 minutes once a day.

♥ Next steps

- After a day or two of circles, try placing one hand above your scar and one hand below so that the palms lay flat on your stomach.
- Gently pull your hands apart in different directions (e.g., straight up and down or on different diagonals) so that the skin stretches, but ideally not the tissue under the skin (fat, muscle, etc.).
- If you notice more difficulty pulling in one direction, gently hold that stretch for 10–30 seconds.
- Once the scar feels fairly normal to touch (similar to the unaffected areas nearby), you can add a gentle pinching, as seen in the picture.
- Pick the skin up between your fingers and gently wiggle it around, literally “breaking up” the scar tissue.
- Progress down the length of the scar performing this movement.
- Do any combination of the above techniques that feels productive (without causing large amounts of tenderness or soreness) for 4–5 minutes a day, until you no longer feel like you’re making progress.



♥ Special note

- This area may be difficult or painful for you to interact with if you’ve had any trauma around your fertility/pregnancy/birth experience. If it is daunting to touch the cesarean scar, you may want to start by just

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Cesarean Scar Massage Instructions

looking at it in the mirror for a couple of minutes a day, until you can begin the desensitization method listed above.

- Looking at the scar can help the nervous system begin to normalize its connection with the area, allowing you to touch it more comfortably.
- You may need to see a mental-health professional to get to know your body again and address any trauma. We are happy to help you find someone.