



Caesarean Scar Massage

after the loss of your baby

Caesarean scar massage is important as it helps to reduce tightness and sensitivity of the scar tissue.

If you have had a Caesarean section then you may have a lot of emotions associated with your Caesarean scar. Some women find it hard to look at, touch or connect emotionally with the scar after baby loss. This handout will describe ways that you can reconnect with this part of your body in a loving and positive way as you take steps towards supporting your own physical healing through scar massage.

If you need to prepare yourself for scar massage then you can start with the following:

- Take time to acknowledge what your body has physically been through.
- Gently hold your scar through your clothing whilst doing some core breathing.
- Examine your scar in a mirror. Be aware that the redness will fade.
- Start with the full body exercises on page two before working up to massage.
- Talk to someone about how your scar makes you feel.

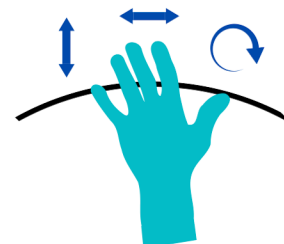
You can begin scar massage once your wound has fully healed and all scabs have fallen off. This happens by around 6-8 weeks. Aim for 10 minutes a day.

Start with *indirect* massage of the skin around your scar. This area can be numb initially and then sensitive or uncomfortable as nerve fibres in the skin regenerate. Early massage focuses on desensitising the skin.



If you are not ready to touch the area then you can start by stroking the skin around your scar with a clean make up brush, a tissue or different fabrics.

Once comfortable with touching the area try tapping and massaging in different directions *around* your scar. Work as deep as you feel able into your surrounding tummy muscles which may feel tight and stuck together too. You can use a gentle massage oil or moisturiser if you like.



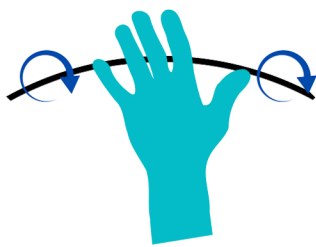
After 12 weeks you can begin direct massage to the scar line.

The scar may feel stuck to the tissues underneath. The aim is to release the scar so that it can move freely. Focus particularly on any areas that feel raised or stuck down.

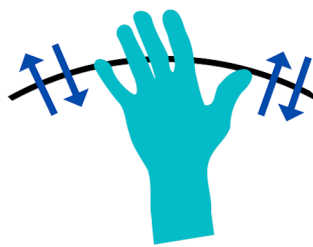
Picking up and rolling the scar is very effective. Avoid using massage oil for this part as it makes it harder to pick up the scar.



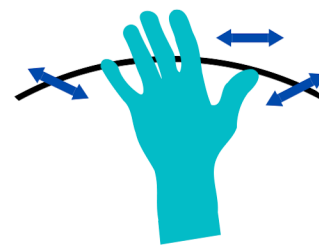
Massaging along the scar line in different directions helps to break up adhesions and release the scar. Start gently and massage deeper over time.



Circles along the scar line



Opposite directions simultaneously across the scar line using 2 fingers



Diagonally and side to side

Full body stretches help to release adhesions between the deeper tissue layers.

A Caesarean section involves seven layers of tissue. These layers usually move and glide over each other during body movement but can become stuck together by scar tissue following surgery. The following exercises can help to prevent and break down adhesions between the layers.

- Lie on your back with your knees bent. Roll your knees side to side.
- Stand at the kitchen counter. Take your hips forwards towards the counter, elongating through your tummy area. Try raising one or both arms for a further elongating stretch.
- Side bends in sitting or standing.

Scar remodelling takes up to two years. You can start massage from six weeks but if you are not ready then you have a large window in which massage is helpful.