

Physiotherapy Management of Caesarean scar

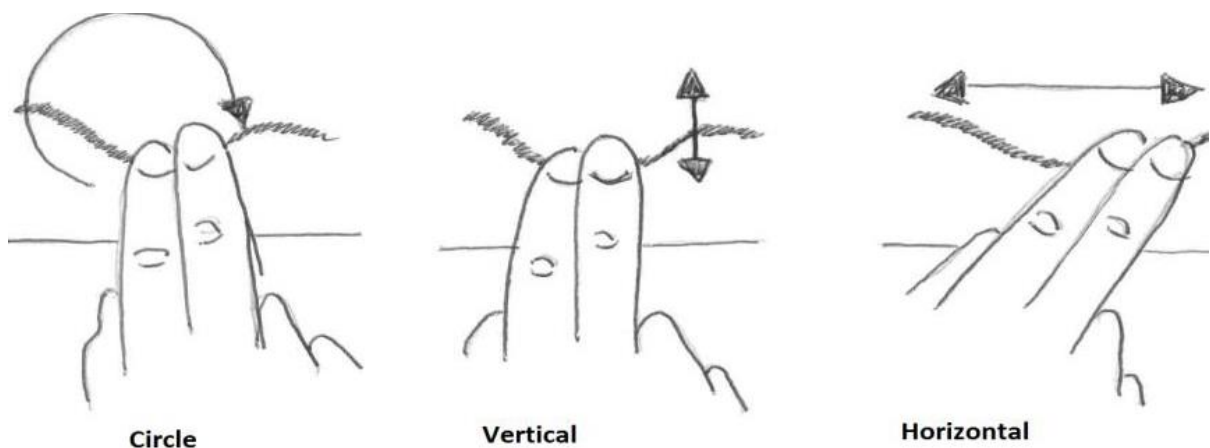
It takes approximately six weeks for your scar to heal fully. It may feel tender, itchy and numb in the first few weeks and can heal to be pink or red and slightly raised. Once healed, it should not be excessively painful or sensitive or prevent you from doing any of your everyday activities. It can take two years for your scar to fade to a smooth white line. As your scar heals, the scar tissue can attach to the skin and muscles around it which can make the scar sensitive, painful or raised. Scar massage can help reduce these adhesions. Wait until your scar is fully healed before starting scar massage – there must be no open areas or scabs. Check with your GP or Consultant before you begin if you have concerns.

How to massage caesarean section scar?

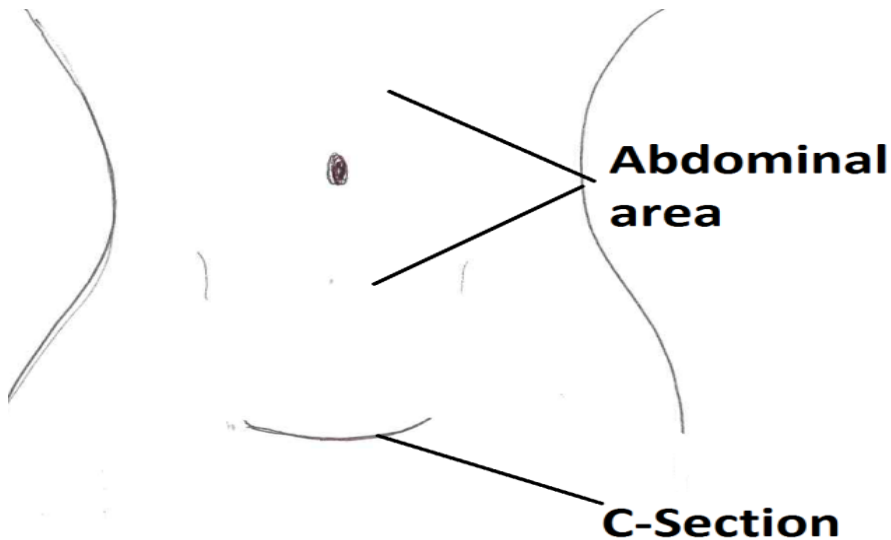
1. It helps to use a warm compress before starting to help in order to relax the muscles and increase blood flow to the area
2. Make yourself comfortable: lying or semi sitting, use pillows.
3. You can use oil for comfort e.g. almond, coconut or olive oil.
4. Aim to do this for ten minutes per day.

Technique - Caesarean section massage

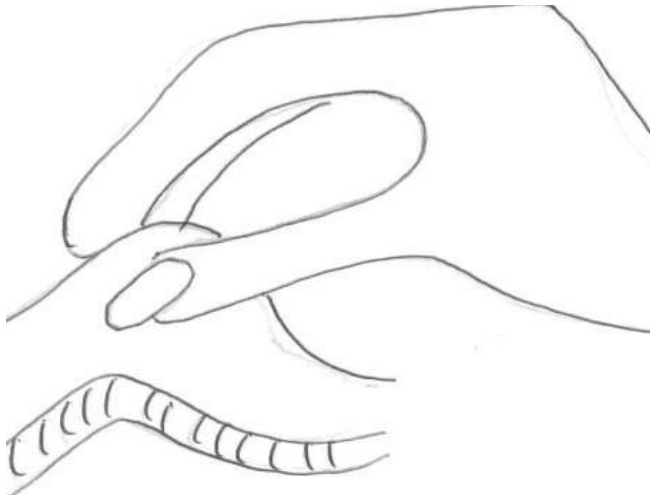
1. Start by gently massaging around the scar, focusing on tissues immediately above and below it. As it becomes less sensitive, place the pads of your fingertips just above the scar line. Move the skin gently up and down, side to side and in circles along the length of the scar. Work more into areas of resistance where the skin feels tighter. You should feel stretching in the tissue but it should not be painful.



2. As this becomes easier, push your fingers firmly down into the tummy muscles and repeat the up and down, side to side and circular movements. Feel free to massage the entire lower tummy area. You must be firm but not aggressive as you massage: let pain be your guide. A slight tingling sensation as you stretch tissues is normal. Keep massaging into deeper areas as pain allows.



2. When you are comfortable with the first two, roll the scar between your thumb and finger. It may take some days or weeks before you can do this one below.



Continuing problems - when to seek advice

If you have any of the problems below seek advice from your GP, who can then refer you to a Women's Health Physiotherapist.

If you have excessive weakness around the abdominal area

Heaviness/bulging sensation in your perineal area

Any problems with loss of bladder or bowel control – such as wetting, soiling or having to rush to the toilet.

Difficulties or pain with sexual intercourse

Useful sources of information

Pelvic, Obstetric and Gynaecological Physiotherapy: www.pogp.csp.org.uk continence Foundation: www.continence-foundation.org.uk <https://www.bbuk.org.uk/>