

St James's Hospital

Therapy Led Clinic

SKIN CARE

During recovery your scar and the area around it may become quite dry and tight. Once the scar has healed, the stitches have come out and it is dry, you can start to work on improving your skin condition and the flexibility of your scar.

If your skin is very dry and your scar is tight, this may impede your movement. Sometimes the scar becomes “tethered” or stuck down to the structures beneath it. This can cause movement to be restricted.

By massaging your scar and improving the condition of your skin you will increase your movement.

What can you do?

For dry skin:

- Soak your hand/arm in a basin of lukewarm, not hot, water for about 10 – 15 mins.
- Dry your hand carefully, paying particular attention to the areas between your fingers.
- Rub cream into all the dry areas for 5 mins.

Once the dryness has gone you need only address the scar itself.

For the scar:

- Cover the scar in cream.
- Using firm pressure and small circular movements, massage your scar and the area around it for 5 – 10 mins.
- You can repeat this regularly throughout the day, the more you do the better!!

What creams should you use?

You want to moisturise your skin, so water based creams are better. Creams that soak into your skin. Avoid any highly coloured or perfumed creams.

E45 CREAM, Aqueous Cream or SILCOX BASE are generally good.