

C-Section Scar Guide



Scar Desensitization - Starting Weeks 1-2

- It is important to start here because during a c-section the sensory nerves are injured. Gentle input is needed to re-establish this connection.
- Use different materials such as cotton ball, tissue, silk, washcloth, comb, sponge, etc.
- Start with softer materials for 5-10 minutes/day, gently rub above, below, and over the incision up to 3x day



Massage Above & Below Scar Starting Weeks 4-6

- Start by working 2 fingerwidths above and below scar (you can go as high as your belly button)
- Using the pads of 2-3 fingers, gently stretch the skin side to side, up/down, and in circles. You may feel a slight burning or pulling, but it should not be severe.
- 5-10 minutes/day



Massage Directly Over Scar Starting week 12+

- Your scar should be fully closed
- Using the pads of 2-3 fingers, apply gentle pressure over the scar and move fingers side/side, up/down, and in circles. This should not be painful.
- Consider using a silicon scar patch and scar cream
- 5-10 minutes/day



This can be overwhelming for some people, there can be emotional and physical trauma tied to the scar. If you are experiencing this, I encourage you to talk to someone about it, as manual work on your scar is extremely important for future physical health

You Don't Have to "Just Deal With It"

Contact to schedule your complimentary
15 minute phone call



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