

Postnatal caesarean birth scar tissue management.

Caesarean section scars take about six weeks to heal and can be tender, itchy or numb at first. This can happen on one side of the scar more than the other. It can take up to two years for your scar to fade to a smooth white line.

Massage is a gentle and effective way to soften and break down scar tissue. Although it might first feel uncomfortable it can help reduce pain and discomfort and gets easier with time.

You can start scar tissue massage following your postnatal check, which is usually around six weeks after birth.

Don't massage if you have an active infection. Look out for signs like excessive redness, bleeding, swelling, warmth, increased pain, or any discharge.

We recommend massaging your scar at least four times a week for five to ten minutes per session. As discomfort lessens and scar mobility improves, you can reduce the frequency. Regular massage is beneficial as scar tissue develops for up to two years after a caesarean section.

Start by taking a warm bath or shower to relax your muscles and increase blood flow to the area. Wash your hands with soap and water before you touch your scar as it is healing.

Find a comfortable position, either sitting or lying down with pillows for support, as you want to easily reach the scar.

Apply a small amount of oil, such as coconut, almond, or olive oil – as long as you're not allergic – to help your fingers glide smoothly.

Gently massage around the scar, focusing on the skin above and below. Move your fingertips in small circles.

After a few circles, move your fingers gently up and down the scar.

Move your fingers side to side along the scar. Be gentle, it may be uncomfortable to start. You should aim for enough pressure to feel a comfortable stretch.

When you're ready you can massage directly over the scar using the same technique. It might take a few weeks before you can do this comfortably.

Roll the scar between your thumb and finger, gradually increase the pressure as you become more comfortable with the massage.

You'll help your caesarean scar heal by following these steps. Remember to talk to a health professional for more advice.