

Post Suture Removal and Massage Information

SCAR LINE MASSAGE INSTRUCTION

The first week after suture removal

Quite often, after stitches have been removed, a Hypafix or Fixomul dressing (white cotton adhesive dressing) will have been applied to the scar line. It acts in the same way as a stitch, by pinching the skin together. This supports the scar line and helps to prevent it from splitting open should a hard knock to the area be experienced.

If a Hypafix or Fixomul dressing has been applied, you can shower as normal. Please pat area dry with your towel.

The dressing is to remain in place for one week, by which time the scar line will be strong enough to support itself. You may remove the dressing at home by gently peeling it away from your skin.

If you have not had a Hypafix or Fixomul dressing applied, please apply Sorbolene, or any moisturiser of your choice, to the scar line morning and night for the week. This will help to keep the scar line supple.

Massaging the scar line

Commence massaging the suture line one week after the stitches have been removed to help soften the build up of scar tissue under the scar surface.

Perform the massage morning and night for 5 to 10 minutes using your finger tips. Massage as firm as you can tolerate in circular movements along the length of the scar. Use Sorbolene or any moisturiser of your choice to prevent friction.

If undertaken as directed, massage to the area should help the scar line to flatten and feel smooth. This process normally takes on average two to three months to occur, so please be patient.



For enquiries or concerns, please contact
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