

Post-Operative Massage

- Do not massage unless advised to do so.
- Massaging will help break down any thick scar tissue and/or bumps.
- If you are instructed to massage and it was demonstrated to you, you may begin massaging in about 3 weeks after your suture removal. **Massaging should not be done if there are any open or irritated areas.**

INSTRUCTIONS:

- Rub your finger along the incision line while applying firm pressure.
- When massaging, be sure to use the recommended topical ointment (such as Bio-Cream or Cicalfate) to avoid any friction on the skin.
- If instructed to start massaging the surgical site, it should be done approximately 3-5 times a day for a minute at a time.
- Always contact our office at 315-452-3376 with any questions or concerns.

Date: _____
Initial: _____