

Post Operative Massage

- Two weeks after your suture removal, you will want to begin to massage the surgical site.
- While applying firm pressure to the surgical site, rub your finger along the site in the direction of the scar.
- When massaging, be sure to use Vaseline to avoid any friction on the skin.
- Massaging the surgical site should be done 3-5 times a day for a minute at a time.
- Massaging will help break down any scar tissue or thickening of the area that may occur post operatively.