

C-Section Scar Massage

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How to Do a C-Section Scar Massage (Simple Steps)

These steps are gentle, simple, and meant to help you reconnect with your abdominals. You'll move through them gradually—week by week. Stay in each step until the area no longer feels painful or overly sensitive. Everyone's timeline is different.

When Can You Start?

You can usually begin light touching around your scar once the incision (scar) is fully closed and your doctor gives the OK—typically around **6–8 weeks postpartum** or post-surgery.

- *Always double-check with your healthcare provider before starting.*

How Often?

Short, daily massage sessions work better than one long session. Even 3–4 minutes daily makes a difference.

Start Position: Get Comfortable

- Lie down or sit in a relaxed position.
- Take a slow breath in and let your belly soften.

Pain Control:

If the area feels sore, place an ice pack wrapped in a thin cloth on the scar area for about 5 minutes—before or after the massage.



C-Section Scar Massage Steps



Step 1: Easing Into Touch

Desensitizing the scar (around 1 week):

First — just look at it.

Many moms haven't looked at or touched their scar since surgery. That's completely normal. But healing starts here.



Start here: Lie down. Take a breath. Place your fingers gently just above and below your scar. Don't move yet. Just feel.

Numb or hypersensitive around your scar? That's your nerves. Desensitizing retrains them.

Work in this order:

- **Phase 1:** Fingertips only. Gently touch above, on, and below the scar. No pressure. Just contact.
- **Phase 2:** Soft terry cloth towel. Gently rub above and below the scar. Slow. Light. Consistent. Then rub the scar gently.
- **Phase 3:** Soft toothbrush. Above and below first. Then gently on the scar itself.
- Massage for **3–4 minutes/day**.

This helps your incision (scar) feel less sensitive, gets you ready for the next step, and makes touching the scar feel less scary.

⚠ Never force it. Discomfort is OK. Pain is not. Let your scar guide you.



1 - Just Touch



2 - Soft Cloth



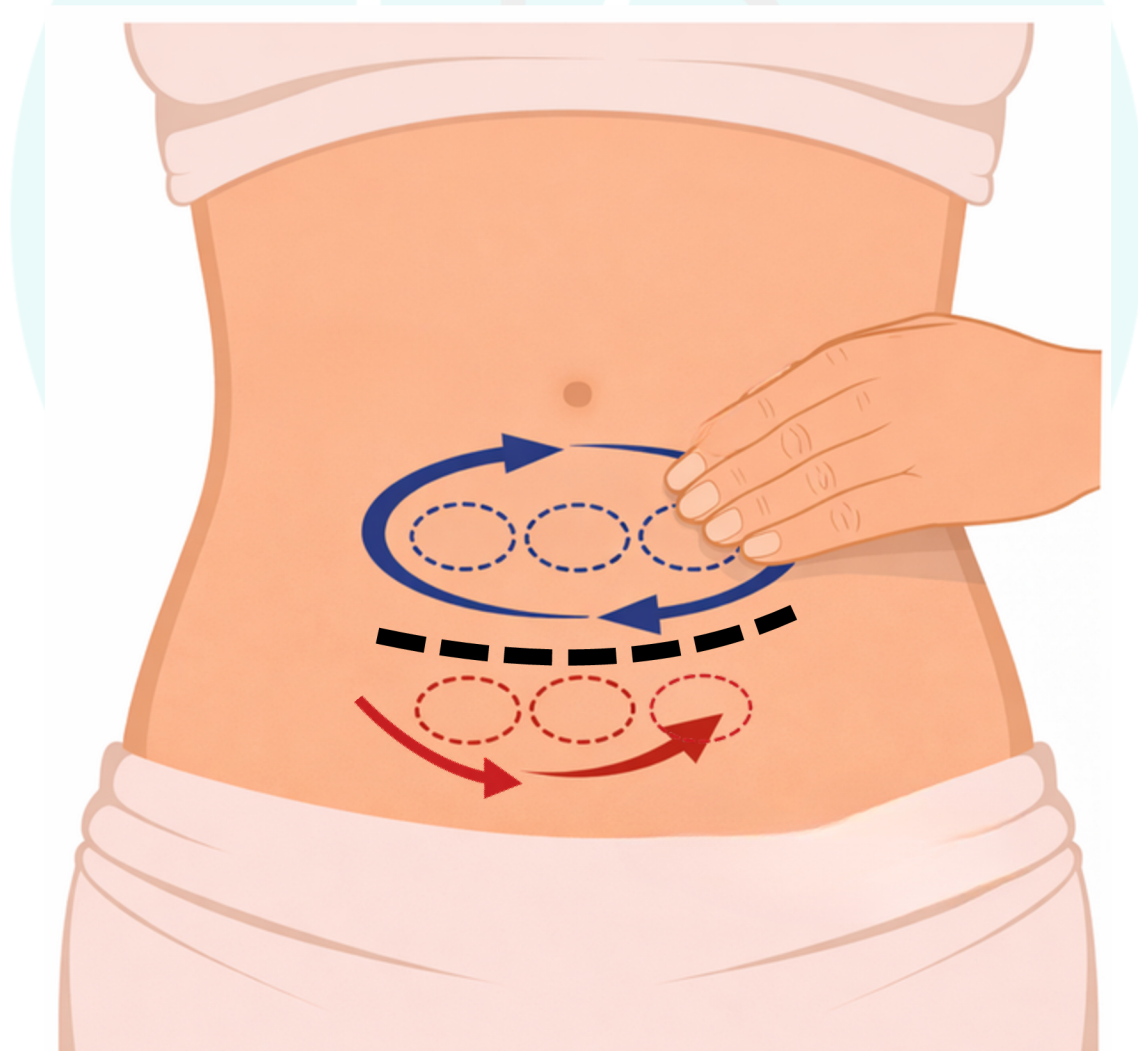
3 - Soft Toothbrush

Step 2: Start Around the Scar (Not On It Yet)

Start when the area feels less sensitive (**around week 2**):

- Do not use lotion. Use dry fingers only.
- Place your fingers 1–2 inches above, below, and beside the scar.
- Use light pressure — and move your fingers in small circles or gently move the skin side to side and up and down.
- Pick 3–4 spots above, below, and along the sides of the scar and massage each gently.
- Massage for **3–4 minutes/day**.

This helps wake up the nerves (in a good way) and ease tightness.



Step 3: Move Onto the Scar

Once you're used to touching the area **(around week 3)**:

- Keep doing the gentle circles above, below, and beside the scar.
- Then place your fingers directly on the scar.
- Gently move the skin side to side, up and down, and make tiny circles.
- Go slow — you're not trying to break anything, just soften tight tissue.
- Massage for **3–4 minutes/day**.

This will help to desensitize (or calm) the area and ease tightness.

Step 4: Add a Little More Movement

As it gets easier and less sensitive **(around week 4)**:

- Continue doing Step 3 but add a little more
- Then try gently lifting the skin above, below, beside the scar—like picking up a tiny fabric.
- Continue moving the scar side to side, up and down or make tiny circles along the whole of the scar.
- Massage for **3-4 minutes / day**.



This helps the scar slide better and reduces pulling or tugging sensations.

Step 5: Progress Over Time

After several weeks, you can **(around week 5)**:

- Use a bit more pressure.
- Cover a larger area around the scar.
- Go a little deeper into the tissue, but never force it.
- Massage for **3-4 minutes / day**.

This helps the scar move more freely and reduces any lingering tightness or pulling.



How to Get Over the Fear!

It's normal to feel nervous touching your scar—most moms do!

Here's what helps:

✓ Start slow

Even placing your hand on top of your shirt over the scar counts.

✓ Remind yourself: You're not going to hurt anything

Your scar is strong once healed. Light pressure is safe.

✓ Use warm hands and slow breathing

This relaxes your muscles and lowers tension.

✓ Know this: The more you touch it, the easier it gets

Most moms tell me they went from scared to confident within a few days.

✓ Think of it as part of your healing—not something to fear

You're helping your belly soften, move better, and feel like your body again.

IT'S OKAY
to ASK
for HELP

You don't have to figure this out alone.

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