

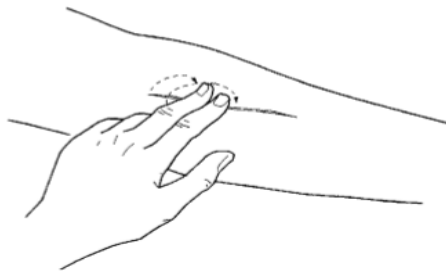


CARY SKIN CENTER

INSTRUCTIONS FOR SCAR MASSAGE

Scar massage has been recommended to help flatten and soften your scar by preventing buildup of scar tissue.

- Thoroughly wash and dry hands prior to performing scar massage.
- Apply a small amount of Vaseline or moisturizer to the scar.
- Using the pads of your index or first 2 fingers, massage the scar with firm pressure by making small circles along the length of the scar. **DO NOT** lift your finger(s) from the scar while massaging.



- Massage for 5 minutes 2-3 times a day for at least 8 weeks or as instructed.
- Massage with as much pressure as you can tolerate but not enough to cause pain.
- Avoid rubbing the scar as this may result in irritation of the skin.
- Stop massaging and notify your provider if you experience increasing redness or pain, or any drainage or bleeding.

Further questions can be addressed through our nurse line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday from 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.

Calls to our physicians should be limited to medical emergencies only.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label SPF 30 or higher, broad spectrum (which means it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer) and water resistant for up to 40 or 80 minutes.