

Rollerball for Scar Massage

What is scar massage?

Scar massage with a rollerball keeps your child's scar from getting too hard and tight. If the scar gets tight, it can be hard for your child to move. Scar massage may help with pain and itching as the scar heals. It is important to start scar massage once a scar or wound is fully closed. Your child's health care provider will tell you when to start scar massage.

How is it done?

Use the rollerball to massage the scar 3 to 5 times a day. Your child's health care provider will tell you how long and how often to massage.

1. Wash your hands.
2. Use a thick ointment or cream like Vaseline® petroleum jelly, Aquaphor®, white petrolatum, Eucerin® cream, cocoa butter, etc. It should not contain alcohol or fragrance.
3. Put a small amount of lotion on your child's scar.
4. Use enough lotion so the scar is moist when you are done with the massage.
5. Start at the outer edge of the scar. If part of the scar is more sensitive than others, start with the least sensitive area.
6. Press down onto the scar tissue and make circles. Repeat until entire scar has been covered.
7. After scar massage, do range of motion exercises as directed by your child's therapist or health care provider.



Important notes:

- When using pressure, your child's scar may lighten in color (blanch) or turn white with touch. It is normal. It means that the right amount of pressure is being used.
- At first your child may say it hurts. You may lighten the pressure. Slowly increase pressure as your child tolerates it.
- Your child may say it tickles if the pressure is too light. This means more pressure should be used.
- If your child is **very** sensitive in the area of the scar, contact their health care provider.

Your child's healthcare provider will show you how to do rollerball scar massage for your child's scar and stage of healing.

ALERT: Call your child's therapist, doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.