

Help Decrease Your Child's Scarring with Lotion Massage



Lotion massage is a part of scar management.

Lotion massage helps to minimize scarring, decrease itching and moisturize the skin. Lotion massage should be done to well-healed wounds only.

How to do Lotion Massage

- Apply lotion to areas of wound as instructed by your doctor or nurse.
- Massage lotion in a circular motion and in an up/down motion using light pressure.
- Thoroughly massage lotion into skin, reapply and continue to massage.
- Complete at least 4 times daily and more often as needed for at least 5 minutes each time.

Recommended lotions are any that are fragrance free.

Examples include: Vaseline® Intensive Care Lotion, Nivea®, Eucerin®, Lubriderm®, and Cocoa Butter. Fragrance based lotions or baby lotions are **not** recommended.

What else can I do for my scar?

Sun exposure can increase scarring. Apply sunscreen with 30 SPF or higher to healed burn/wound anytime you will be outside.

Please contact the PAWS Clinic if you have any questions about scar management. 314-454-7297

For General Health Information and Resources:

Call or visit the [Family Resource Center](#), a health information library on the 3rd floor of the hospital. Call 314.454.2350, email at frc@bjc.org, or check out the FREE [St. Louis Children's Hospital Kid Care App](#).

