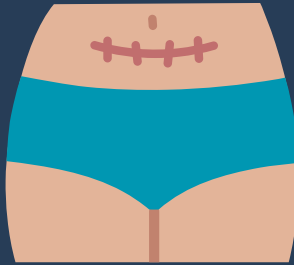




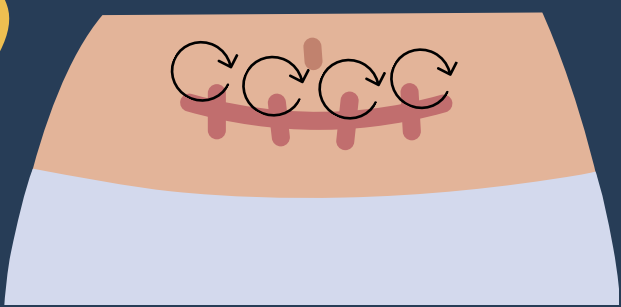
HOW TO MASSAGE YOUR C-SECTION SCAR



self massage techniques

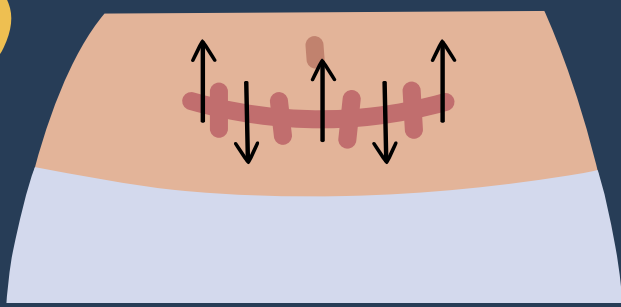
Post in your bathroom or bedroom to remind yourself to do this daily!

1



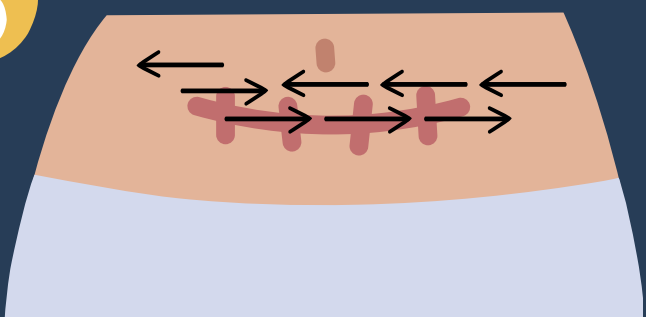
Circular massage above, below, and on top of your scar as tolerated

2



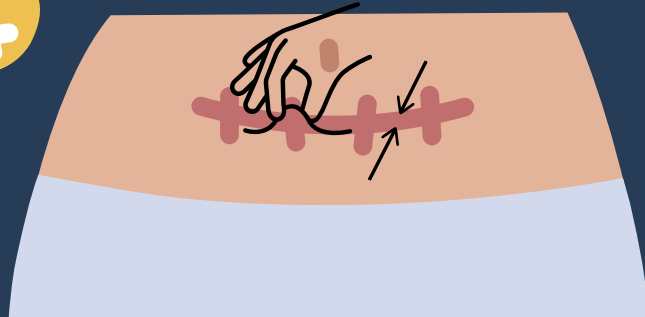
Pull away from the scar in opposite directions, long and short strokes

3



With a flat hand, pull the scar horizontally, then use the other hand to pull the scar/skin around the scar in the other direction

4



Pinch the tissue around or on the scar, roll the pinched skin up, down, and side to side

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