



C-Section Scar Massage Starter Plan

Know whether your scar is ready, then do the first 5 gentle minutes of scar massage without guessing.

Ready to Start? Check All 5

- ☐ Your 6-week check is done and your OB-GYN or midwife said the incision has healed.
- ☐ No scabs, no open spots, no oozing or crusting anywhere along the scar for at least 7 days.
- ☐ Pressing lightly on the skin next to the scar gives only mild tenderness or numbness, not sharp pain.
- ☐ Hands washed, nails short, no lotion yet. Dry fingers let you feel what the tissue does.
- ☐ You have 5 quiet minutes lying on your back, knees bent, a pillow under your knees.

The First 5 Minutes

- 1** Minute 1: Lie back, one hand on your belly. Take 5 slow breaths, belly rising and ribs widening as you inhale.
- 2** Minute 2: Rest two fingertips just above the scar. Hold still for 5 breaths. Repeat just below the scar.
- 3** Minute 3: Brush a cotton ball along the scar 10 times, then the edge of a clean towel 10 times.
- 4** Minute 4: With light pressure, make 10 small circles an inch above the scar, then 10 an inch below.
- 5** Minute 5: Push the skin above the scar gently toward the ribs, hold 3 breaths. Then toward the pubic bone, hold 3.
- 6** Finish with 1 minute of unscented lotion or oil. Aim for 5 minutes a day, 5 days a week, for 2 weeks.
- 7** Weeks 3 and 4: add a little pressure only if weeks 1 and 2 felt fine. Work directly on the scar once numbness eases.

Stop and Call Your Provider

- Redness spreading, warmth, or new swelling along the scar.
- Clear, yellow, or bloody fluid, or any spot that opens.
- Fever, chills, or pain that gets worse after a session instead of better.
- A hard lump under the scar that grows, or deep belly pain when you press.

Daily Scar Massage Log

Date	Minutes	Tenderness 0 to 10	Numb spots?	How it felt after

When to get help: If the scar feels stuck, burns, or pulls when you stand up straight after week 4, see a pelvic floor physical therapist before going further.

Free guide: **C-Section Scar Care: What to Do and When to Start**
postpartumlibrary.com/body/c-section-scar-care

The complete plan: **The 10-Minute Mom Pooch Reset**
postpartumlibrary.com/mompooch