C-Section Scar Massage Daily Card

Start gentle scar work this week, once your incision is closed, in under 10 minutes a day.

Before you start

- [ ] Your OB-GYN or midwife has cleared you, usually at the 6 week check, and the scar is fully closed.
- [ ] No scabs, no oozing, no open spots anywhere along the line. Wait a week and look again if there are.
- [ ] Wash your hands, lie on your back with knees bent and a pillow under them so your belly stays soft.
- [ ] We suggest a bare dry finger or a clean washcloth to start. Add oil only once the scar is not tender.
- [ ] Take 3 slow belly breaths first, exhaling through pursed lips so your lower belly softens before you touch.

The 8-minute routine

1. Weeks 6 to 8: rest 2 fingertips on the skin 1 inch above the scar. Breathe 5 slow breaths, no pressing.
2. Weeks 6 to 8: slide the skin above the scar up, down, left and right, 1 minute each way.
3. Weeks 8 on: fingers directly on the scar, light pressure, small circles along the whole line, 2 minutes.
4. Weeks 8 on: pinch the skin above the scar, lift it gently toward the ribs, hold 10 seconds, 5 times.
5. Weeks 10 on: lift the roll above the scar between thumb and fingers, walk it along the line, 2 minutes.
6. Finish with 5 breaths, drawing the lower belly in on each exhale, like zipping up from the pubic bone.
7. Stop at a 3 out of 10 discomfort. Do this 5 days a week for 12 weeks before judging results.

Pause and call if you notice

- Redness spreading wider than a finger from the line, or new warmth over the scar after a session.
- Any fluid, pus or bleeding from the incision in the hours after you massage.
- Sharp or burning pain that keeps going more than 30 minutes after you stop.
- A temperature of 100.4 F or higher, or the shelf getting harder and more swollen rather than softer.

Scar Massage Log

Date	Minutes	Discomfort 0 to 10	Skin moves? Y/N

When to get help: If the shelf stays hard, numb or pulls with movement past 12 weeks of this routine, book a pelvic floor physical therapist for hands-on scar work.