

Healing by the Week

A C-Section Scar Progress Guide

WEEK 1

- This will be the most uncomfortable period, as everything is starting to heal. The scar and around the scar may feel warm and swollen - you may not want anything touching the scar – so wear loose cotton fabrics.
- Allow air to the scar (to avoid moisture build up)
- Use clear, cool water to help keep the scar clean
- Pat dry the scar after shower
- Don't use any harsh chemicals on your scar (like scrubs or highly perfumed soaps)

WEEK 3

The scar should be healing well now – it should be closed over, red, and possibly raised (depending on which scar type it is). You may have some bruising still and it may feel numb and sensitive around the scar all at the same time.

WEEK 5

You should be finding moving, climbing the stairs, and walking short distances easier now. Your scar should be fully healed over and all the swelling should have subsided around the scar. All bruising should be gone too.

WEEK 2

Swelling should be reducing around the scar. Your scar may be more visible and it should be fully closed over. You may have some bruising.

WEEK 4

If your scar is red, raised (hypertrophic or keloid) then you can start using silicone strips (as long as there is no infection, stitches, staples or haematoma or seroma (a build-up of fluid) under the scar).


WEEK 6

At your 6 week check (you may have to proactively organise this) ask your GP to look at your scar to see how its healing. All dissolvable stitches should have gone by now and you can start direct scar massage. There may still be numb areas around your scar.

If you're concerned about your scar, are experiencing discomfort or a sense of 'pulling' inside, or you'd just like advice about ways you can you reduce your scar, we're here to help.

The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2024



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