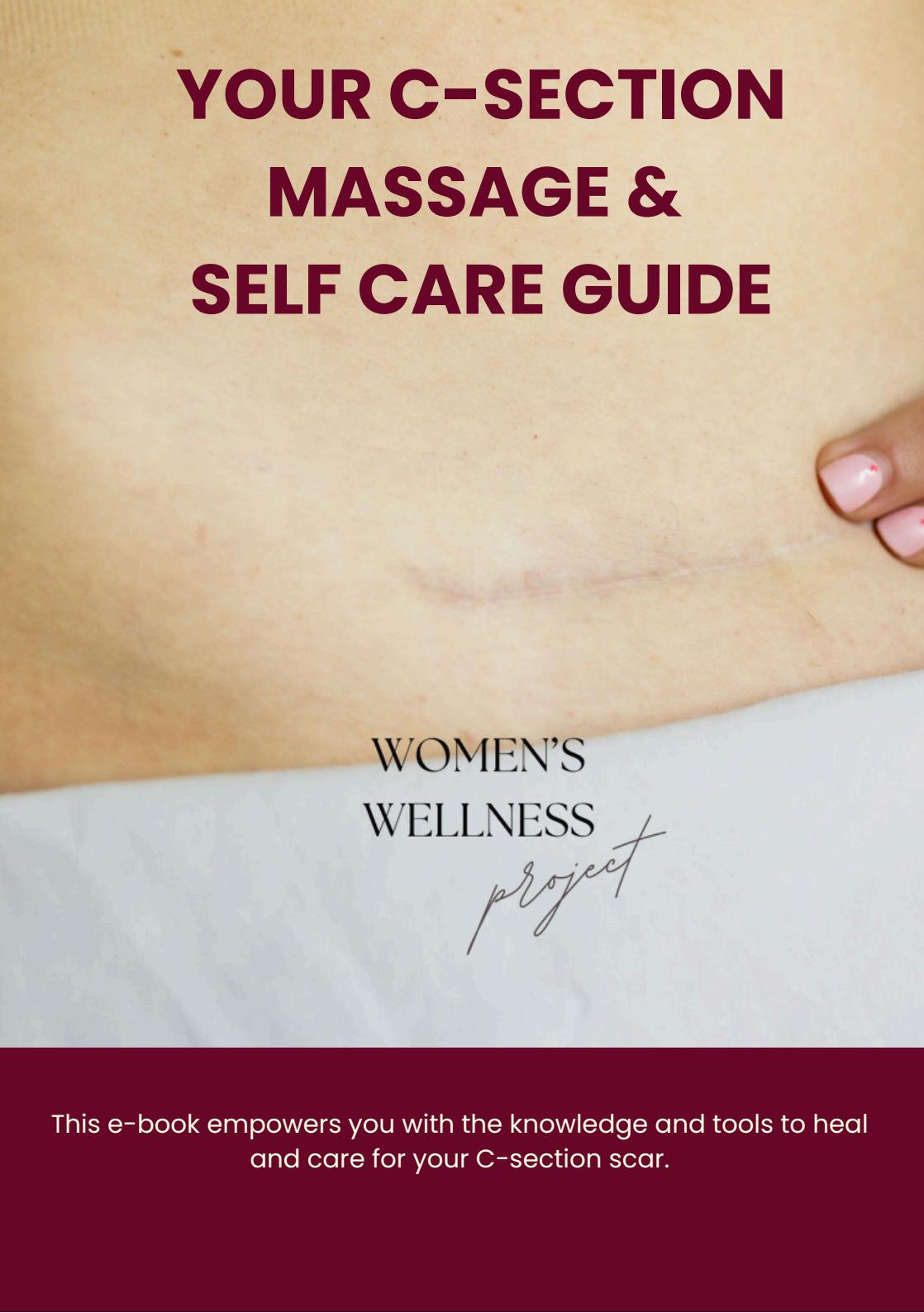


YOUR C-SECTION MASSAGE & SELF CARE GUIDE



WOMEN'S
WELLNESS
project

This e-book empowers you with the knowledge and tools to heal and care for your C-section scar.



Georgia is the Founder of the Women's Wellness Project.

At the Women's Wellness Project, we are more than a clinic; we are a community.

A place where women feel safe, supported, and seen.

This guide is to help support your C-section recovery by providing education, expert advice and recommendations.

A caesarean birth involves multiple layers of tissue being cut and repaired, including skin, fascia, muscle, and the uterus. While the incision on the skin may heal well, deeper layers can develop restriction, adhesions, and reduced glide, which may contribute to ongoing symptoms.

Massage and Cupping therapy are techniques that can be used as part of postnatal scar management to support tissue healing and mobility following a caesarean birth.

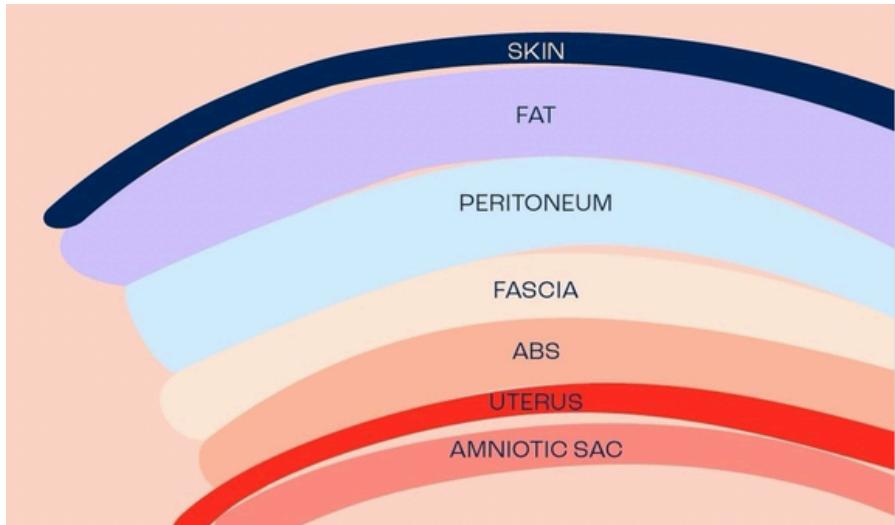
LETS GET INTO IT!

A C-Section (short for caesarean section)

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7

layers are cut through in c-section delivery!



6

weeks is the amount of time it takes
for healing and recovery post c-section?

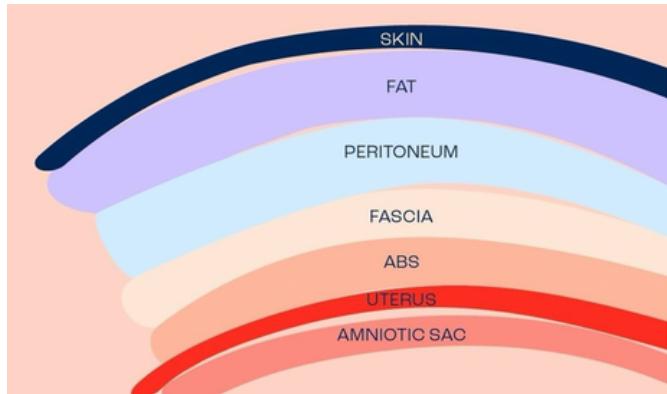
The incision made is in upwards towards your navel. This is why adhesions/scar tissue is more likely to be found above the scar itself.



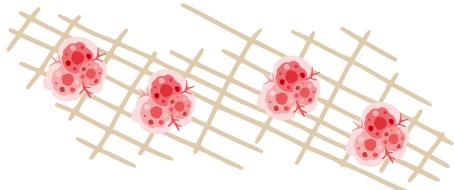
Scar Tissue is a mix of collagen and cells that cover the sight of the incision. The collagen is unable to form smoothly - therefore it heals in a criss cross pattern which causes adhesions.

THE HEALING PROCESS

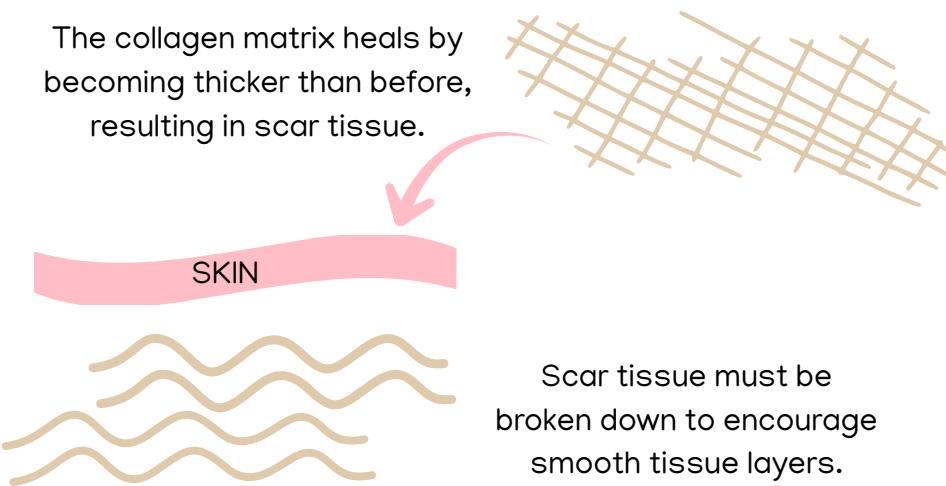
Stitching this
all back up!



Healing Process Takes Place



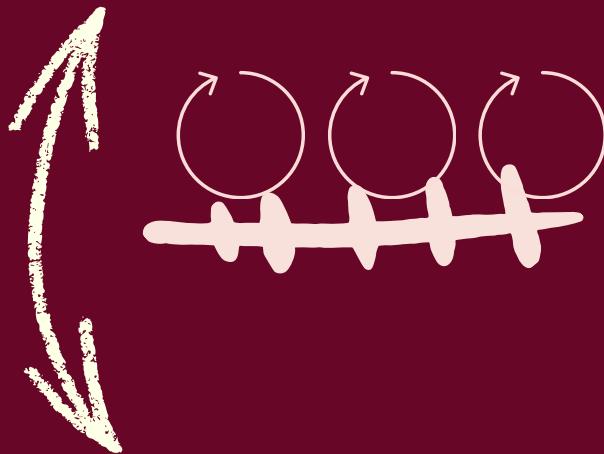
The collagen matrix heals by
becoming thicker than before,
resulting in scar tissue.



Scar tissue must be
broken down to encourage
smooth tissue layers.

Scar tissue adhesions and thickening tend to develop more above the scar than directly on it.

For this reason, C-section massage should focus on areas both above and below the scar to maximise effectiveness.



Perform Massage
above, over and below
the scar



Scar massage is appropriate if:

All scabs have healed

The skin is fully closed

There are no open areas

There is no redness, heat, swelling, or discharge

You may use a light oil or moisturiser of your choice, provided it does not irritate your skin.

Choose a comfortable position and take a few slow breaths before starting.

Relaxing your jaw and shoulders will help your abdominal tissues soften.

**BEFORE YOU
BEGIN**

1. Horizontal Sweeping

Place your fingertips just above the scar



Use gentle sweeping motions from side to side

Gradually work your way down, moving over and then below the scar

Pressure should feel like a light stretch, not pain

2. Circular Movements

Return to the area just above the scar



Use small, slow circular motions

Progress across the scar and into the surrounding tissue

Focus on areas that feel firm, tight, or less mobile, without forcing them

3. Vertical Movements

Start below the scar

Gently glide your fingers upward, moving up and over the scar

Continue vertically through the tissue above the scar

Maintain steady, comfortable pressure throughout

Each technique can be performed for 1–2 minutes, depending on comfort.



HOW TO MASSAGE YOUR SCAR

C - s e c t i o n M a s s a g e

Please remember this is only a guide.

You can move at your own pace.

Scar massage is safe as long as there are no signs of infection, scabs, or open wounds.

You won't reopen the scar.

Take your time and do only what feels comfortable.

Scar massage is widely used by experienced clinicians and supported by scientific literature showing improvements in scar comfort, texture, and mobility after surgery. While research varies in methods and outcomes, the overall evidence suggests potential benefit when scar massage is performed regularly and gently.



These are examples of all completely normal, healthy healing processes of cesarean scars. Everyone and every body is different.
Look out for redness, pain, swelling or heat.

3 WEEKS POSTNATAL



DRESSING CAN STAY ON

At 3 weeks postnatal some obstetrician request you continue to wear the dressing. The scar will be healing beautifully underneath.



VERY NORMAL TO HAVE SCABS

No bandage needed. Some scabs remain and small areas of redness are expected.



NO SCABS BUT STILL HEALING

Minimal scabs however, you can still see there are small areas still healing.

These are examples of all completely normal, healthy healing processes of cesarean scars. Everyone and every body is different.
Look out for redness, pain, swelling or heat.

6 WEEKS POSTNATAL



SCAR FADING

This is a normal appearance at 6 weeks postnatal. This scar appears tight and greatly benefited from massage and cupping at 12 weeks.



NO SCABS, PINK IN APPERANCE

This scar is healing very well. No sign of irritation or infection.



MAY NOT BE NORMAL

At 6 weeks postnatal there should be decreased redness and scabs. This scar appeared irritated and at risk of a small infection.

The patient was sent to the GP.

C SECTION MASSAGE:

Week 4-5 Postpartum

- Pressure: very light
- Aim: desensitising the scar & stimulating
- nervous system.
- Duration: 2-3mins
- Frequency: 2x per day
- When: at a suitable time

How to:

- Use different textured items (smooth & rough) - this can be a makeup brush, dry washer, sponge or silk clothing.
- Perform gentle circles above, on and below the scar.
- Perform a many times as you'd like.
- Start with the gentle item moving up to the harsher item.



AT THE POINT POSNTATLLY YOU MAY NOTICE LITTLE SCABS OR
SMALL AREAS THAT HAVE NOT COMPLETELY HEALED. PLEASE DO
NOT KEEP THIS AREA TOO MOIST AND
WAIT FOR IT TO BE COMPLETELY HEALED BEFORE APPLYING
CREAMS OR SILICON STRIPS.

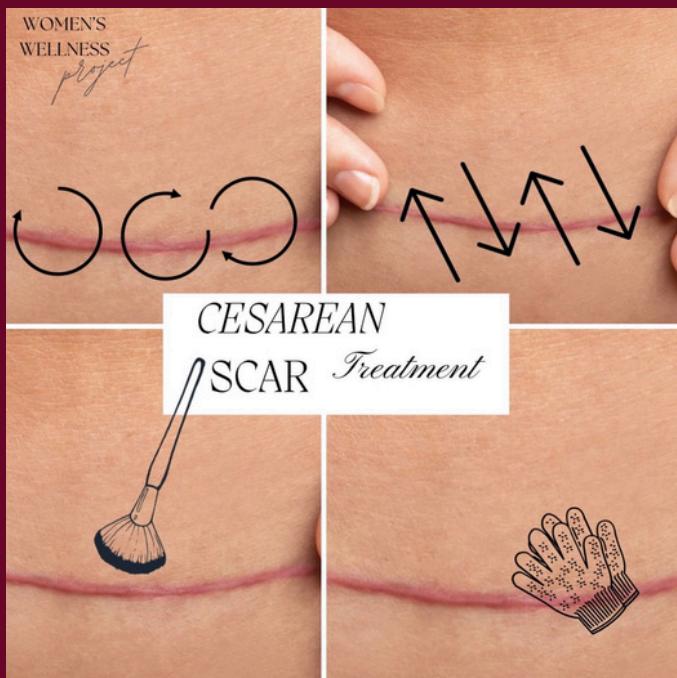
C SECTION MASSAGE:

Week 6-7 Postpartum

- Pressure: Gentle
- Aim: familiarising yourself with your scar.
- Duration: 2-3mins
- Frequency: 2x per day
- When: after shower

How to Massage

- You should now be safe to use any oil or moisturiser as long as all scabs have healed and there are no red irritated areas.
- Start by performing gentle sweeping motions horizontally, starting above and working down to below.
- Come back to above the scar, performing circular motions.
- Then perform vertically, starting below the scar running your fingers up and over the scar.



C SECTION MASSAGE:

Week 8-9 Postpartum

- Pressure: **firm**
- Aim: to perform deeper massage
- Duration: 2-3 Minutes
- Frequency: Aim 2-3 x per day

How to Massage

- Continue to perform the same massage techniques as weeks before.
- Try to press more firmly to access the deeper layers.
- Do not push into any pain



C SECTION MASSAGE:

Week 10-11 Postpartum

- Pressure: very firm
- Aim: to start to mobilise the scar tissue
- Duration: 2-3 minutes
- Frequency: Aim 2 x daily

From 10-12 weeks postnatal your women's health physiotherapist can commence cupping over the scar



What Does Cupping Feel Like?

When performed appropriately:
Sensation is usually a gentle pulling or stretching
It should not be painful
Mild redness may occur and usually resolves within hours

Post-treatment, women often report:
A feeling of softness or lightness around the scar
Improved comfort with movement
Reduced pulling or tightness



HOW CUPPING SUPPORTS CAESAREAN SCAR HEALING

Improving tissue **mobility**

Lifts restricted layers

Encourages sliding between **fascia, skin, and muscle**

Increasing local **circulation**

Supports **nutrient** and **oxygen** delivery

May assist tissue **healing** and **sensitivity** changes

Reducing scar adhesions

Helps address stiffness and binding around the scar

Can improve **comfort** with movement

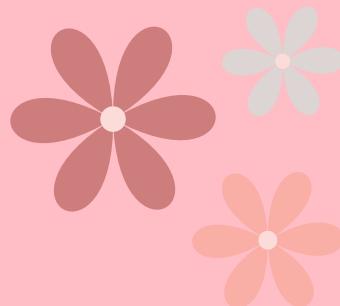
Improving **sensory awareness & reduce numbness** or altered sensation

Supports reconnection with the abdominal wall

Supporting core and pelvic floor function

Improved tissue glide allows better **muscle activation**

Can reduce compensatory patterns elsewhere in the body



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A FINAL WORD



Your caesarean scar tells a powerful story.
It represents strength, adaptation, and the way your body birthed your baby.

Scar massage is not about fixing your body.
It's about reconnecting with it.

Go gently.

Move slowly.

Let curiosity lead rather than pressure.

Some days the scar may feel soft and responsive, other days it may feel tender or distant. Both are normal. Healing is not linear, and your body sets the pace. With time, consistency, and care, many women notice improved comfort, confidence, and connection through scar massage. Trust yourself, and remember that support is always available if you need it.

Important Information & Disclaimer

The information in this ebook is provided for general education purposes only and is not intended to replace individual medical advice, diagnosis, or treatment.

Scar massage should only be performed once the incision is fully healed and there are no signs of infection. Always follow the advice of your healthcare provider regarding your own recovery.

If you experience increased pain, redness, swelling, discharge, or have any concerns about your scar or postnatal recovery, seek guidance from a qualified healthcare professional, such as a women's health physiotherapist, midwife, or doctor.

Every body and every birth experience is different.

Listen to your body and choose what feels safe and supportive for you.

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