

After Scar Therapy treatment



What to expect?



RESTORE scar therapy has been developed to stimulate the bodies natural healing processes, in order to create changes in scar tissue. This will usually leave you feeling relaxed and may give a sensation of lightness and mobility at the end of the appointment. Some people feel tired. Just listen to your body in terms of post-treatment activity.

Changes to your scar and your symptoms

You may immediately notice changes, or you may notice changes in the following days after treatment. Some people require a couple of treatments before any significant changes are observed.



How will you feel?



Many people have no discomfort after RESTORE scar therapy, but some discomfort after a treatment is not unusual. A few people experience a sharp pain sensation, which lasts for a moment then disappears. This is normal, likely to be linked to stimulation of nerve repair, and should not be a cause for concern.

Increasing pain over a number of days, persisting pain for more than a few days or any increasing swelling is not usual, and should be reported to a medical practitioner.

Emotions

Talking about your experiences and compassionate touch on your scar may generate emotional release. Ask for help if you are struggling with your mental health.



Keep a note and report back

Everyone is different, so it's helpful if you can make a note of how you respond after your scar treatment. Let your therapist know at the start of your next appointment, so they can adjust your next treatment if needed.