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### **Vitamin E Oil Scar Massage Instructions**

**Note: (THIS DOES NOT BEGIN UNTIL YOUR SUTURES ARE REMOVED USUALLY 2 WEEKS FOLLOWING SURGERY OR INSTRUCTED BY YOUR SURGEON)**

- ✓ Vitamin E oil may be purchased over the counter at your local pharmacy.
- ✓ Apply a small amount of Vitamin E oil onto your scar.
- ✓ Run the finger from the opposite hand up and down the scar gently x2 minutes.
- ✓ Run the finger (across) perpendicular to the scar, working your way up and down the scar for an additional 2 minutes.
- ✓ Lastly, work your finger up and down the scar with small circular motions for another 2 minutes.
- ✓ Repeat this process 3-5x daily. Gradually increase the amount of pressure you use as your symptoms allow.