

# Managing a sensitive scar after knee replacement

Department of Orthopaedics

Information for Patients

Produced: July 2024

Review: July 2027

Leaflet number: 1519 Version: 1

## Introduction

After surgery it is common for your scar to become sensitive.

When the surgeon cuts into the skin the small nerves in the skin are cut too. These nerves sometimes never grow back and the area can feel numb.

Sometimes the nerves do grow back. The skin can feel sensitive and tingly while you get used to the feeling of clothes touching your skin again.

Some people can find this very uncomfortable, even painful.



**The best way to improve this is the start to make your scar less sensitive (desensitise).**

This involves gentle touch and massage of the area.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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## Exercise

The following exercise should be done once your wound is closed and dry. Repeat 2 times a day.

- Gently touch the area until the uncomfortable sensations stops and you get a numb feeling. Sometimes it can take up to 10 mins to feel numb at the start, but usually 2 to 3 minutes.
- Repeat this process using different textures for example soft jumper, towel, jeans and so on.



It is important you do not avoid touching your scar just because it is sensitive

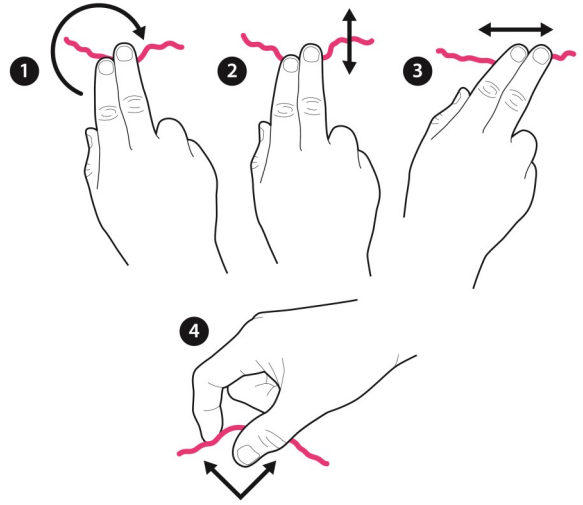
## Massage

Massaging the scar with or without moisturiser can help make sure the scar remains mobile and the skin is supple. Scars often tighten as they get older.

Massage firmly over the sensitive area. Do for 2 minutes. Repeat 2 times a day

You may want to begin away from the sensitive area and slowly move towards the area. Slowly increase the pressure you apply as the area becomes less sensitive.

How to massage a scar



## Contact details

Any issues contact your GP or the person who gave you this leaflet

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