

Caesarean sections – Aftercare?

Year-on-year caesarean section rates worldwide are increasing¹. However, it is well established there is a lack of aftercare and advice given to caesarean mothers².



It is well documented that women experience scar pain after caesarean sections and that women with severe scar defects have higher risk of adhesion formation, dysmenorrhea, dyspareunia, and chronic pelvic pain³. Scarring can cause other associated problems such as nerve pain and/or tight, red, raised and restrictive scars.

Caesarean scar massage has been shown to have several benefits including improving scar quality and reducing pain⁴, decrease scar stiffness and improve scar quality⁵ The ongoing results from our clinical questionnaire, show the positive outcomes of scar therapy intervention on a physical and psychological level; highlighting the need for scar therapy in post-surgical scarring.

Clinical Questionnaire

A clinical questionnaire was designed to assess current clinical scar therapy practice. The aim was to evaluate:

We are aiming to recruit >100 participants from professional governing bodies e.g. Chartered Society Of Physiotherapy, NHS, private sector Subject Matter Experts.

The prevalence of scar massage in the aftercare of caesarean scar recovery

The wide-ranging clinical experiences and pathways in this unregulated space

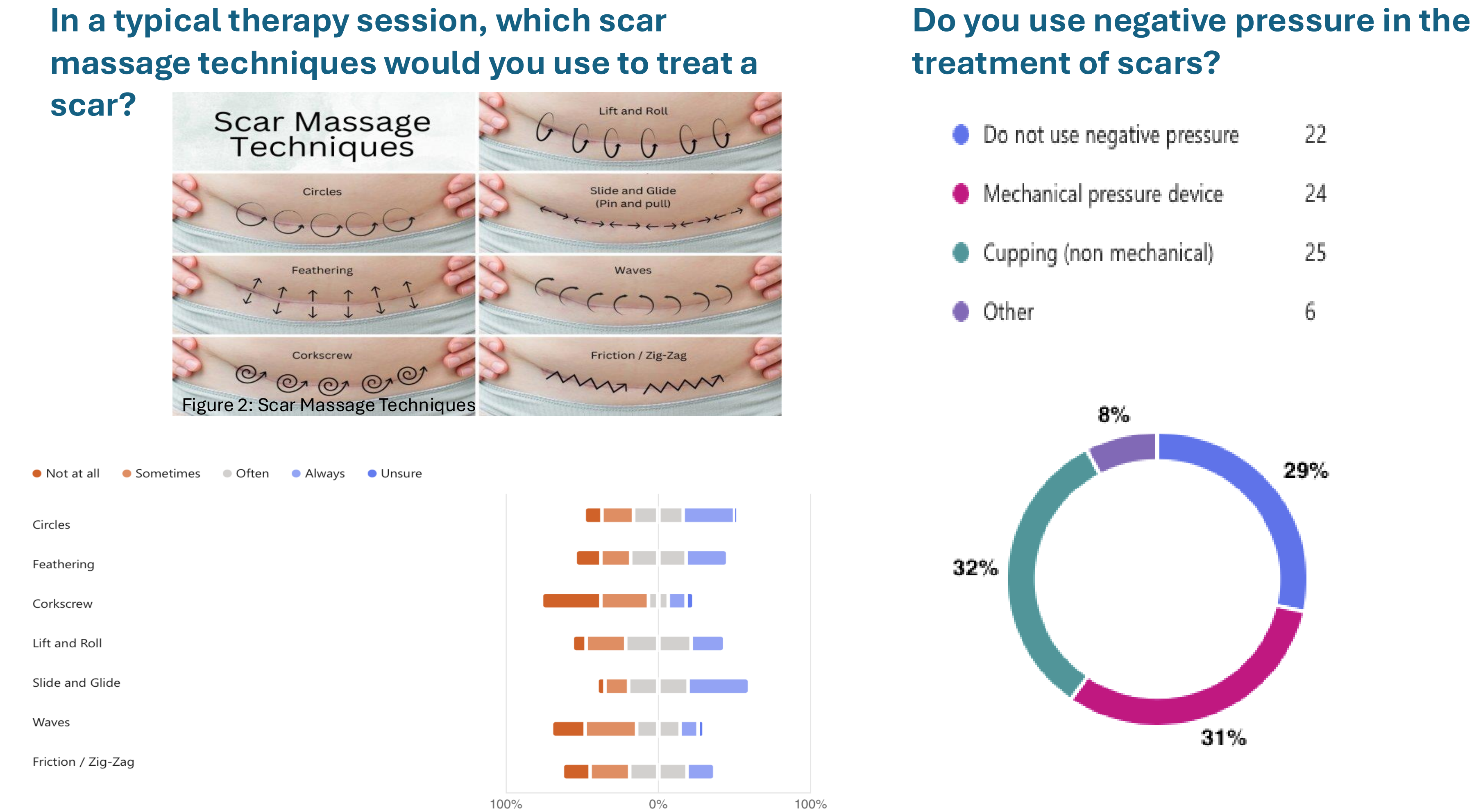
Current clinical perceptions of the potential impact of negative pressure on scar healing

Directions for the provision of scar rehabilitation interventions in the post operative pathway for women who have had a caesarean section

Current practice

- 86 responses by (9/6/25)
- 29% stated that clients contact them for treatment at 7-12 weeks post c-section
- 44% deliver between 4-6 sessions per client
- 45% discharge clients after 2-3 months
- 40% of participants state c-section scarring as the main scarring they treat
- 31% use a mechanical pressure device in treatment

Current practice



Scar therapy is thought to help with mental wellbeing

- 100% of participants believe that scars can affect an individual on an emotional basis
- 97% believe scar therapy can help with the psychological impacts of scarring

Not too late to participate..

Full set of results will be available July. If you can participate – please scan here.



SCAN ME

1. Betran AP, Ye J, Moller A, et al (2021) Trends and projections of caesarean section rates. BMJ Global Health, 6(6)
2. Wilkes, B. (2022). "Support after a caesarean section." British Journal of Midwifery, 30(6):356
3. Dosedla E Gal, Calda P, (2020) Association between deficient cesarean delivery scar and cesarean scar syndrome. National Library of Medicine, 48(9):538-543
4. Gilbert I, (2022) Exploring the Effects of Standardized Soft Tissue Mobilization on the Viscoelastic Properties, Pressure Pain Thresholds, and Tactile Pressure Thresholds of the Cesarean Section Scar. National Library of Medicine, June;28(4):355-362
5. Olszewska K, Ptak A, Rusak A, Dębiec-Bak A, Stefańska M (2024) Changes in the scar tissue structure after cesarean section as a result of manual therapy. Advanced Clinical Expert Medicine Apr; 33(4):387-395