



**University
Hospitals Sussex**
NHS Foundation Trust

'Restore' cancer scar therapy

Cancer services

Patient information

What is this information about?

This information is about 'Restore' cancer (oncology) scar therapy. It explains:

- What scar therapy is and how it might help you.
- What to expect from your scar therapy sessions.
- How to book scar therapy sessions.

Why have I been given this information?

You have been given this information because you have a scar from your cancer operation. Having 'Restore' scar therapy could help your scar to heal well. This can mean that your scar is less visible and that you have less pain, tightness or loss of movement around your scar.

About Restore Scar Therapy

Who can have scar therapy?

A qualified volunteer Restore Scar Specialist will give you your therapy. The service is provided as part of the complementary therapy service at St. Richard's Hospital.

How many sessions of therapy might I need?

Even a single session, with self-care advice for you to follow at home can be helpful. We offer a maximum of six sessions, but your therapist will talk with you about this.

How soon might I notice changes to my scar or symptoms?

You may notice changes straight away or in the days soon after your treatment. Some people need a couple of treatments before there are any changes that can be noticed.

Will scar therapy make my scar vanish?

No. We cannot make your scar disappear. Results vary and are different for different people. Having your scar therapy as soon

as possible after your scar has formed is most likely to improve how your scar looks (its cosmetic appearance). It is never too late to have scar therapy and old scars can benefit too.

How might I feel after my scar therapy session?

- Scar therapy sessions usually leave people feeling relaxed. They may also give you a feeling of 'lightness' and that you are able to move more easily.
- Some people feel tired. Do as much activity as seems right for your body after your session.
- Many people have no discomfort after Restore scar therapy, but some people do. This is not unusual.
- A few people get a sharp pain which only lasts for a few moments. This may be linked to nerves starting to repair.

Be aware

If you have pain or swelling which is getting worse over a few days do report this to your Cancer Nurse Specialist or your Oncology (cancer) team.

Should I tell my therapist how I feel after my scar therapy sessions?

Yes. Everyone responds differently to scar therapy so it's helpful if you keep a note of how you feel and how well you think your scar therapy is going. Let your therapist know at the start of your next session so they can adjust your next treatment if needed.

I would like to have restore scar therapy sessions. How do I book them?

Please ask in the Macmillan Centre to book an appointment or email the St. Richard's Hospital or Worthing Hospital Complementary Therapies mailbox below. We will ask you to fill in a form that tells us what we need to know about you and how you are. Please bring this along to your first session.

Who can I contact if I would like further information after I have read this information?

Please contact:

- For St. Richard's Hospital, Chichester email:
uhsussex.srhcomplementarytherapies@nhs.net
- For Worthing Hospital, email:
uhsussex.wghcomplementarytherapies@nhs.net

I would like to donate to the Complementary Therapies Service. How can I do this?

Complementary Therapies are provided free to anyone affected by a cancer diagnosis in the Sussex area.

All the sessions are funded by charitable donations and supported by My University Hospitals Sussex charity.

We gratefully accept all donations. If you would like to donate, please make cheques payable to 'Complementary Therapies'. If you prefer you can donate through the 'My UHS' Charity donations page.

<https://www.myuhsussex.org/make-a-donation/>



Please tell them you would like your donation to go to Complementary Therapies. You do not have to donate to the service in order use it.

Gift Aid.

The Gift Aid Scheme increases the value of your donation at no extra cost to you. For every £1 you give, the government will add 25p. If you would like to register for Gift Aid and are a taxpayer, please ask for a form which just needs your name, address and signature. Once completed, all future donations will also be covered by the scheme.

Thank you for any donations that you choose to make.

This information is intended for patients receiving care in Worthing and Chichester St.Richard's Hospital

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