



LYMPHATOUCH®

Effective Scar Treatment with LymphaTouch

How to treat different scar types effectively? This guide explains what to do with surgical scars, burns, or keloids, and how to adapt treatment for different areas of the body.

All Scars Are Not Created Equal

Every scar can benefit from negative pressure treatment performed with LymphaTouch. This guide provides a framework for scar assessment and clinical decision-making by helping you identify the factors that determine a scar's treatment response and recognize key considerations for different body areas.

By understanding the factors affecting scar healing and assessing how the tissue reacts, you can make better clinical decisions. Instead of following rigid formulas, you will gain a deeper understanding of how scars function and how negative pressure affects them, allowing you to adapt the treatment precisely to each client's needs.

Scar Biology and Treatment Timing

A scar is not just a visible mark on the skin; it is the body's complex way of repairing damaged tissue. In order to treat a scar effectively, its natural healing phases must be understood. The efficacy of LymphaTouch treatment is specifically based on supporting the body's own processes at the right time.

The three stages of healing:

1. Inflammatory phase (approx. 1–5 days from surgery or injury):
The body cleanses the damaged area. Typically, swelling, redness, and pain occur in the area at this stage.
2. Proliferation phase (approx. 5–21 days): New tissue is built and the wound begins to close. The tissue is still fragile and disorganized at this stage.
3. Maturation and remodeling phase (21 days – over a year):
Collagen fibers organize and strengthen.

If the process is disrupted, the tissue can become thick, inflexible, and adhered to the underlying tissue layers.

When and how to start LymphaTouch treatment?

A great advantage of LymphaTouch treatment is that it can be started at a very early stage, even before stitches are removed, as long as the wound area itself is left alone.

Acute phase

Treatment is started around the wound with very low negative pressure. The goal is to activate fluid circulation and remove swelling, which reduces tissue pressure and pain and creates optimal conditions for healing. Important: Never treat directly over a fresh wound or stitches.

Chronic phase

When the wound is completely closed and the scar is in the maturation phase (approx. 6–8 weeks from surgery or the wound's origin), actual scar processing can begin. At this stage, the goal is to prevent the formation of tissue adhesions or to soften tight spots that have already formed.

Correct timing and patience with negative pressure settings ensure that the treatment is pleasant for the client and promotes tissue recovery without unnecessary irritation.



Negative Pressure Therapy: Power Deep into the Tissue

Traditional manual therapy is often based on pressing or stretching the tissue with fingers. In scar treatment, this can be challenging as tight scar tissue is often "glued" to underlying layers, and simple pressing may feel uncomfortable or even painful for the client.

LymphaTouch negative pressure technology changes the treatment dynamics completely: instead of pressing, the device lifts the tissue.

How Negative Pressure Affects the Scar?

Lifting the tissue and creating space

Negative pressure pulls the skin and the underlying fascia upwards, creating space between the tissue layers. This mechanical lift helps to release the scar from the underlying muscle or bone in a way that manual hands cannot achieve.

Breaking adhesions with vibration

When mechanical vibration is combined with negative pressure, it creates an effect that efficiently softens hard collagen structures. This helps restore tissue elasticity without the therapist needing to use great manual force.

Activating metabolism

Scar tissue is often poorly vascularized. Negative pressure immediately stimulates blood circulation and lymphatic flow in the treated area, transporting oxygen and nutrients to the tissue and accelerating its regeneration.

Why is this better for the client?

Many clients find that negative pressure therapy feels more pleasant than intense manual manipulation with fingers. It enables a deeper impact with less pain. The therapist can adjust the negative pressure intensity precisely according to the client's sensations, making the treatment safe even in sensitive areas. Negative pressure does not only treat the superficial mark; it reaches the deepest roots of the scar, restoring the body's natural mobility and reducing the feeling of tightness.



Practical Treatment Techniques for Various Scar-Related Issues

The goal of scar treatment is to restore normal glide and elasticity to the tissue. With the LymphaTouch device, the treatment is dynamic, and settings are adjusted as the treatment progresses based on tissue response and client sensations.

Surgical Scars (e.g., C-section and orthopedic scars)

In the treatment of surgical scars, it is critical to proceed carefully according to the wound healing stage. After initial cleansing (once the inflammatory phase has subsided), the focus is on removing swelling around the scar, which provides immediate relief from the sensation of tightness. Direct treatment on top of the scar must always be assessed individually. When the scar is fully closed and durable (usually around 6–8 weeks), actual remodeling can begin.

- Use the pulsating setting and mechanical vibration directly on and around the scar.
- Lift the tissue vertically and move the treatment head gently so that "glued" tissue layers start to glide against each other.
- This is particularly effective for C-section scars, where adhesions can extend deep into the fascia.

Burn Scars and Contractures

Scar tissue resulting from burns is often extensive and tends to pull the edges of the skin together, which restricts joint mobility.

- Start the treatment from the surrounding healthy tissue and progress toward the edges of the scar.
- Use low negative pressure and dynamic movement to increase skin elasticity.
- The treatment helps soften hard, "armor-like" scars and improves the range of motion in limbs.

Keloids and Hypertrophic Scars

Keloids are caused by excessive collagen production, causing the scar to rise clearly above the skin level. The goal of treatment is to soften the scar structure and alleviate associated itching and tenderness.

- Use low negative pressure and a high vibration frequency for keloids.
- High-frequency vibration gently modifies the dense collagen network without strong mechanical pull.
- Important: Always proceed with caution. Keloids are sensitive tissue, and excessive negative pressure may further stimulate collagen growth. Focus on a calming and softening treatment.

Fascia and Internal Scarring

Symptoms are not always found in a visible scar; they can also involve internal scar tissue left by a muscle or tendon tear. LymphaTouch's large treatment heads enable the effective treatment of extensive fascial surfaces, which removes mobility restrictions and eases chronic pain. It is important to monitor the tissue reaction between sessions.

Often, a single treatment produces a visible change, but the most lasting results in deep adhesions require a regular series of treatments.

An Investment That Protects the Therapist and Improves Results

Purchasing a LymphaTouch device is an investment that pays for itself not only in revenue but also through professional recognition and the protection of your own ability to work. When you can offer effective scar treatment that is difficult to achieve by hand alone, your clinic becomes a regional center of expertise.

Better Results, More Satisfied Clients

Effective scar care is often the missing piece in many patients' rehabilitation journeys. When negative pressure helps remove tightness that the client has already become accustomed to, a strong relationship of trust is formed. This often leads to clients committing to longer treatment periods and recommending your services to others. The visible results achieved with the device, such as the lightening of the scar and increased elasticity, are the best possible marketing for your professional skills.

Protecting Your Hands and Extending Your Career

One of the most significant benefits is the reduction in physical strain. Manually manipulating tight scar tissue and deep

adhesions requires constant grip strength from the therapist, which exposes fingers and wrists to wear and tear. LymphaTouch does the heavy lifting by raising the tissue for you. This means you can perform more intensive scar treatments per day without your hands getting tired. It is a direct investment in your ability to continue doing the work you love while staying healthy for years to come.

Profitability of the Device

The device starts to generate profit with just a few weekly treatment sessions. Scar treatment is a service that clients are willing to pay for because it solves a concrete and often long-term problem. With proper pricing, the device can pay for itself within 6-12 months. After that, every treatment session directly increases your company's profitability, and does so in a way that is physically lighter for you.



“When they see the changes, they get so excited and are more open to treatment.”

Olivia Brown

Experienced Sports Therapist



Pasi Raitanen
LymphaTouch

Discover the Potential of LymphaTouch

The implementation of the device is designed to be as easy and flexible as possible for physiotherapists. To help you see how negative pressure therapy delivers results in practice, we can walk through real before-and-after cases together.

Book an introductory meeting, and I will show you documented treatment outcomes and discuss how LymphaTouch could work in your practice.

[Book a demo »](#)