

# Dr. Celine Yeung

MD, MSc, FRCSC

300-1333 Sheppard Ave E, Toronto, ON, M2J 1V1  
T: 647-869-4263 | F: 647-689-4628 | [drcelineyeung@gmail.com](mailto:drcelineyeung@gmail.com)  
yeungplasticsurgery.ca

## Facial Aesthetics – General Post-operative Care

1. **Activity:**
  - a. Sleep with the head of the bed elevated (prop pillows for elevation) for the first week to minimize swelling and pain.
2. **Suture Removal:**
  - a. Sutures are typically removed after 5-7 days after surgery.
3. **Pain control:**
  - a. Keep on top of your pain by taking acetaminophen extra strength (1g every 6 hours) and ibuprofen (if you are able, 400mg every 4 hours with food) regularly even if you do not feel pain.
  - b. Take the prescribed narcotic only for breakthrough pain.
4. **Scar management:**
  - a. Please wait until 3 weeks post-surgery before beginning scar massage
  - b. At 3 weeks post-op, place a dab of Vaseline (or any moisturizing cream or silicone gel) on the scar and apply firm pressure back and forth along the scar until it blanches.
  - c. Please do the scar massage for a minimum of 10 minutes, 3 times daily.
5. **If you had surgery on your eyelids:**
  - a. Please use the eyedrops as prescribed.
6. **If you had surgery on your face or neck:**
  - a. Please wear the compression garments 24/7 for 1 week, then wear at night only for the next 5 weeks.
  - b. The drain will be removed at POD#5-7
7. **Follow-ups:**
  - a. You will see Dr. Yeung at 1-week post-op, 4 weeks post-op, 3 months
  - b. If you develop increased redness/swelling/pain around your breast, fever or chills, please go to your nearest Emergency Department for an assessment.