

Dr. Celine Yeung

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Scar Management

1. Please wait until 3 weeks post-surgery before beginning scar massage
2. 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.
3. Please do the scar massage for a minimum of 10 minutes, 3 times daily.
4. Whenever you are not doing the scar massage, you may choose to place silicone gel sheets (e.g. Cicacare) on the scar itself. This can be kept on for 7 days.