

Postoperative Facial Cosmetic Surgery Instructions

Postoperative appointment is scheduled on: 1.

1. Call the office regarding any unusual pain, redness, swelling, excessive discharge, fever, or flu-like symptoms. Any vision changes not attributable to blurring from ointment should also be promptly reported to the office. For life-threatening problems, go to the nearest hospital emergency room.
2. Sleeping on a few extra pillows or in a recliner can reduce swelling and bruising. Ice or a cold compress applied for 20 minutes out of each hour while awake for the first 24-36 hours will also reduce swelling. Frozen peas or corn in a zip lock baggie make a good compress that can be reused. You may switch to warm compresses after the first 2 days if it feels better.
3. Aspirin, ibuprofen (Motrin, Nuprin, and Advil), naproxen (Aleve), ketoprofen (Orudis), and related drugs should be avoided for 2 weeks before surgery. These drugs can lead to bleeding problems. Extra strength Tylenol or your prescription pain pills can be used as needed.
4. If you were sent home with a dressing, you may remove it after 24 hours. If you have a spandex compression garment for your chin and neck, please wear it as much as possible for the first week or two, depending on how quickly your swelling resolves.
5. Use hydrogen peroxide on a Q-tip to clean skin stitches several times a day. Peroxide dissolves dried blood and reduces swelling, but avoid getting it in your eyes. Apply the antibiotic ointment that was prescribed. A few days after the sutures have been removed, ladies may then wear eye makeup. Skin tone makeup can be worn sooner but keep it out of the incisions.
6. Normal activities can usually be resumed one to two weeks after surgery. Do not strain or perform vigorous activities while your stitches are in place. Do not swim for 2 weeks. Showering and washing hair can be done carefully two days (by using Baby Shampoo) after surgery **unless a dressing is in place**. Expect to feel tired for the first 3-10 days. Get plenty of rest and eat well to restore your energy. You may want to start with lighter foods and then work your way back to your usual diet as your appetite improves. Be good to yourself – you deserve it.
7. After surgery on the tissues around the eye and mouth, it is common to have increased secretions. You may use a washcloth or gauze with warm tap water to gently clean the areas. Mouthwash and artificial tears may be helpful as needed. After some eyelid surgeries, it is common for the eyelids to close incompletely causing some dryness. This can be relieved by using lubricating ointment at bedtime and artificial tears during the day. After the swelling resolves, the eyelids will usually close as before.
8. Numbness or pins & needles sensations are common in scattered areas of the face for the first few weeks after surgery. Be careful with hairdryers and hot drinks as this resolves.
9. If at all possible, do not use tobacco in any form for 2 weeks before or after your surgery. Tobacco can lead to poor healing and more visible scars.
10. If you are having an Endoscopic brow procedure and or Mid face (Cheek lift) or Face lift and you get your hair dyed, please wait at least one month after your post operative appointment.
11. **Items you need to purchase: Bacitracin triple antibiotic ointment, Baby Shampoo,**