

Post-Operative Instructions for Cosmetic Facial Surgeries:

ACTIVITY:

- Rest, as much as possible for the next 24 hours. Avoid lying flat for the remainder of the day.
- Sleep with your head elevated for the next 4 days.
- Avoid strenuous activity for the next 4 days.
- If you had IV sedation, DO NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours.
- A follow-up appointment will be scheduled before leaving today, if you did not get scheduled please call the office to do so.

BLEEDING:

- If you take any blood thinners make sure to stop them before surgery as directed by your doctor(s)
- Some oozing is normal for the first 24 hours.
- Use gauze to hold mild pressure to the surgical sites.
- Expect bruising after the surgery.

STITCHES:

- Stitches may be in place. They will most likely be non-dissolving and an appointment will be made for you to come back and have them removed.
- If the stitches become bothersome call our office, do not pick or pull at them.
- You may have ointment, bandages, steristrips or other dressings to the area, make sure to follow the doctor's instructions on changing the dressings.

SWELLING:

- You can expect swelling for the next 3 to 4 days. The swelling will be the worst on days 2 and 3 and should start to gradually get better.
- You should keep an ice pack on the surgical site as much as you can for the next 24 hours. Place it on for 30 minutes and then off for 10 minutes. Do not ice while sleeping.
- After 36 hours, switch to moist heat.

PAIN:

- It is normal for pain to get worse over the next couple of days. Most discomfort is seen on days 2 and 3.
- Start taking the Ibuprofen/Acetaminophen within 2-3 hours after surgery. Repeat the Ibuprofen/Acetaminophen every 6 hours for the next 3 to 4 days. This will help to decrease pain as well as swelling.
- For more severe pain, add the narcotic pain medicine in between doses of the Ibuprofen/Acetaminophen.
- Do not take the Ibuprofen/Acetaminophen and the narcotic pain medicine at the same time because this will likely make you sick. You should alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours. Always take your medication with food; taking pain medication on an empty stomach can make you sick.
- Do not drive or operate machinery while taking narcotic pain medication.

DIET:

- Drink as much clear fluids and water as possible.
- Start diet with bland foods after anesthesia so you do not get sick, advance as tolerated.
- Do not smoke.
- Do not consume alcoholic beverages following surgery or while taking pain medication.

HYGIENE:

- Try not to disturb the surgical area today. Do not wash your face today.
- Starting tomorrow, gently cleanse your face and the surgical site(s), unless the doctor has instructed otherwise.
- Change dressings over surgical site as directed.

IF AN ANTIBIOTIC MEDICATION WAS PRESCRIBED MAKE SURE TO TAKE IT AS DIRECTED UNTIL COMPLETED.

If you have questions or concerns please call our office: 775.237.2038