



## Aftercare instructions, Facial Surgery

### Activity:

You should rest with your head elevated on at least two pillows for the first 48 hours after surgery.

You should apply cool compresses for the first 48 hours. The compresses should be applied for ten minutes at a time with ten minutes off in between. Protect your skin from excess cold as you will not have normal sensation (this is temporary).

Resume your diet gradually after surgery. Begin with foods that are easy to digest such as soups and jello. If you are feeling up to it you can progress to regular foods the evening of surgery; however, you need not do so. You should avoid heavy, fatty foods initially. Make sure to keep yourself hydrated by drinking plenty of fluids.

You should not exert yourself for the first two weeks after surgery. Avoid bending at the waist for two weeks after surgery. At no time should you do something that causes discomfort.

You may shower two days after surgery. After showering gently pat the incisions dry. Be careful with a hairdryer as the skin of your face may be numb.

You may use a q-tip and hydrogen peroxide to clean crusted areas of your incisions. You may apply a thin layer of Aquaphor or Vaseline to the face and incision line (do not do this around the eyes).

You may resume driving when you are not taking narcotic pain medication and feel comfortable and unencumbered by pain.

You may return to work in 7-10 days depending on the type of job you have and how you feel.

### Exercise:



You should walk at an easy pace three times a day for at least five minutes each time starting two days after surgery.

No activity that increases your heart rate to greater than 100bpm for three weeks.

No resistance exercise (weight or nautilus-type exercising) for four weeks.

No swimming, sitting in a hot tub or bathing in a tub for three weeks after surgery.

#### Wound Care:

Begin using silicone scar gel over the incisions 2 weeks after surgery for three months. We will provide you with more details at one of your post-operative visits.

Avoid direct sunlight or tanning to the incisions for 1 year. Use sunscreen with zinc oxide or an SPF of at least 30.

#### Medications:

Resume any medications you were taking prior to surgery as instructed.

Take 1-2 oxycodone tablets every four hours as needed for pain. You may also take acetaminophen in addition to oxycodone; acetaminophen and oxycodone need not be spaced apart from one another. If you are allergic to Oxycodone you will have been prescribed an alternative antibiotic.

If prescribed, remove the scopolamine patch the day after surgery; wash your hands after handling the patch.

Follow all instructions that accompany any of the medications.

#### Follow-up appointment:

Your first post-operative appointment will be 3-5 days after surgery.



Call the Clareo Aesthetics office at 617-505-6818 immediately for any of the following:

Fever of greater than 102 degrees.

Noticeable redness of the incisions.

Rapid heart rate or rapid breathing.

Difficulty breathing.

Any drainage from your incision more than three days after surgery.

Dizziness, nausea or vomiting.

Your condition worsens.

You are concerned or have questions.