



Facial Surgery Post-Operative Instructions

FOR THE NEXT TWO WEEKS, DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING PRODUCTS (BUFFERIN, ANACIN, EXCEDRIN, ADVIL, MOTRIN, ALEVE, ANAPROX, ETC.)

Aspirin interferes with normal blood clotting. If needed, you may take Tylenol. If you have any questions about a product, check with your pharmacist or call our office anytime at 541 / 773 / 6700.

WHAT TO DO IN THE FIRST 24 - 48 HOURS:

- After leaving the surgery center, go home and go to bed. Plan to rest for the first 24 hours. Get up only to eat or go to the bathroom. The next day, you may be up and around in the house; sitting, standing, walking and light activity (NO housework).
- Take pain medicine or Tylenol AS NEEDED and all other medications AS DIRECTED.
- Sleep on your back, with your head elevated on 2 or 3 pillows. Continue this for the first week. DO NOT flex your neck (i.e., chin on chest) or turn your head sharply side to side.
- Eat soft foods; anything which does not require vigorous chewing.
- Gradually resume your normal diet over the next 2 to 3 days.
- Apply an antibiotic ointment such as POLYSPORIN OR BACITRACIN to sutures once or twice daily. These ointments are available without a prescription at your pharmacy.
- You may gently wash your face and neck. Use WARM (NOT HOT) tap water. You may begin showering and shampooing your hair the day after surgery. Comb or brush your hair carefully in the areas of the stitches. Towel dry your hair. DO NOT USE A BLOW DRIER, HAIR DRYER OR CURLING IRON.

AFTER 48 HOURS AND FOR THE NEXT TWO WEEKS:

- Remember - NO aspirin. You may use tylenol.
- The sutures will be removed on about the 7th to 10th day.
- As long as you are not taking pain medicines, you may drive 1 week after surgery, if you feel comfortable doing so. Avoid alcoholic beverages for at least 1 week. Alcohol tends to increase swelling and the chance of bleeding.
- IF YOU ARE A SMOKER, IT IS IMPERATIVE THAT YOU DO NOT USE ANY TOBACCO PRODUCTS AT LEAST 2 WEEKS PRIOR AND 2 WEEKS AFTER SURGERY. Tobacco and other nicotine products interfere with wound healing and could possibly cause other complications.
- Avoid keeping your head down for long periods of time. The force of gravity will increase swelling. When you bend, bend at the knees.
- After the stitches are removed, you may start using make-up over any facial bruises. Full make-up can be applied 2 weeks after surgery.

Important Post-Operative Instructions

- You may return to your hairdresser 2 weeks after surgery **BUT BE CAUTIOUS**. Your ears, cheeks, and neck may be numb for as long as 6 months following surgery. If you usually sit under a professional hood dryer, make sure it is on the comfort or cool setting. If it is too hot, you could be injured and not be aware of it because of the numbness. Be very cautious until all feeling has returned to these areas.
- If you dye/color or highlight your hair, you must wait 6 weeks. A rinse may be applied to your hair after 2 weeks. You may perm your hair after 6 weeks.

IN THE NEXT THREE WEEKS TO ONE MONTH:

- Strenuous activities are not permitted for 3 weeks after surgery. This includes exercise, jogging, sports, dancing and heavy cleaning.
- **DO NOT** wear earrings for **AT LEAST 3 WEEKS** after surgery or until feeling has returned to the earlobes.
- **DO NOT** sunbathe until you have discussed it with Dr. Kreul. Use **SUNBLOCK (SPF 30 - 45)** for 3 months after surgery.

IN GENERAL:

- Flying is not recommended until all of the sutures are removed.
- Scars tend to fade over a period of months. Some may take 6 months or longer to settle.
- Take only prescribed medications.

DERMABRASION AND/OR CHEMICAL PEEL:

- The first post-operative day, begin using **AQUAPHOR**. Apply a thick coat to all peeled or abraded areas and keep these areas coated. Do this frequently until all scabs have separated (usually 5 - 7 days). **DO NOT** let the face become dry. After the first post-operative day, you may gently wash your face with **WARM**, not hot, tap water. Then, re-apply **AQUAPHOR** as directed above.

NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.

