

POST OPERATIVE INSTRUCTIONS FOR FACIAL PROCEDURES

Keep the dressings clean and dry.

Keep your head elevated for the next 48-72 hours to relieve swelling. (Sleep with your head propped up on 2-3 pillows or sleep in a recliner chair.)

It is EXTREMELY important to take it easy for the next 48 hours!! No cooking, cleaning, lifting, bending, straining, anything that may raise the blood pressure in your face!!! Keep talking to a minimum, esp. if you have had a facelift. THIS IS A MUST!!!

You may put ice over the area for 24 hours and then as needed if it feels better with the cold. Ziplock baggies work well to hold ice or frozen peas work as well. Cover the bag with a cloth to protect the skin. If you have had eyelid surgery, keep a bowl of ice water by you to put cool packs on your eyes.

For pain, take only the medication as prescribed. DO NOT take any aspirin, or aspirin based products for at least 10 days after surgery. If you must take something other than what was given to you, only take **TYLENOL**.

You may shower in 48 hours and clean the area gently with soap and water. If you have sutures not covered by steri-strips you may apply polysporin ointment sparingly.

If the area swells or gets cold, white, blue, numb, or if the pain increased markedly, call the doctor promptly.

Call if you see any signs of infection: redness, swelling, increased pain, red streaks, discharge or fever. **Finish all antibiotics as prescribed. Next dose at _____.**

Your return appointment to this office is _____

Patient name: _____

Support Person Signature _____ date _____