

Mao Facial Plastic Surgery

Postoperative Facial Plastic Surgery

1. Keep the area clean. You may get the operative site wet after 48 hours. It is expected that the operative site will bleed a little in the first 24 hours.
2. You should apply Bacitracin ointment to the operative site 3 times a day with a Q-tip® until your next appointment. If you have a bandage in place, it may curl up and fall off. Continue to apply Bacitracin ointment to the wound if that occurs.
3. Tylenol® is the only recommended pain reliever. Medications such as Advil®, aspirin, Aleve®, Motrin® and ibuprofen may cause your wound to bleed.
4. Heat and steam can cause bleeding from your wound. Try to avoid hot beverages and soup for the first two days after surgery. Hot showers may also have the same effect.
5. Impaired healing can occur from use of alcohol and tobacco products. It is strongly recommended that you try to refrain from their use for one week.
6. No bending, stooping, straining or heavy lifting for one week. This includes housework, yardwork and athletic activities.
7. To reduce swelling, try to keep your head elevated on two pillows.
8. To reduce bruising and swelling, your doctor may recommend that you apply ice to the operative site for twenty minutes every hour to two hours—only while you are awake—for the first 48 hours after your surgery.
9. For the first year after surgery, your incision site will require intense protection from the sun. A sunscreen with an SPF of 30 or higher should be used daily.
10. If your wound becomes red, hot, swollen, tender to touch or begins to produce any discharge, or if you have any other concerns, do not hesitate to call.