

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 ointment (Aquaphor) to the operative site 2 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 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. Only when 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 the touch or begins to produce any discharge, or if you have any other concerns, do not hesitate to call.