

FACIAL PLASTIC SURGERY POST OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both BEFORE and AFTER your facial plastic surgery. By following them carefully you will assist in obtaining the best result from your surgery. If questions arise, do not hesitate to communicate with our office and discuss your questions at any time.

For 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **USE ICE COMPRESSES LIBERALLY.** Take only medication prescribed by your doctor (s).

Do not wash hair for one week unless you have someone do it for you. You may wash your face carefully avoiding the dressing. Take tub baths until the dressings are removed. After dressings are removed, cleanse all areas gently and make-up may be used at this time.

Avoid **EXCESSIVE** chewing and facial movements for one week as well as prolonged telephone conversations.

Wear clothing that fastens in the front or back for one week. Avoid slipover sweaters, T-shirts, and turtlenecks.

Avoid lifting or bending, swimming and flying for two weeks following procedure.

Absolutely avoid direct sun or sun lamps for 6 weeks after surgery. Heat may cause the nose or face to swell. Always wear a hat and use sunscreen to reduce chances of sunburn.

Approximately 6 weeks following surgery you will have the opportunity for a complimentary make-over during which post operative photographs are taken.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discoloration – this usually clears in 2-3 weeks. After nasal plastic surgery, in certain patients, it may require 6 months for all swelling to completely subside.