

FACIAL MASS SURGERY

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 2 weeks before or after surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery if possible.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you are having surgery as an outpatient, please be sure arrangements have been made for a responsible adult to drive you to and pick you up after surgery and to stay with you for the first 24 hours.

EVENING BEFORE SURGERY:

1. Shampoo your hair and wash your face with mild soap and water for 3 full minutes. Do not use conditioner or hair spray after shampooing.
2. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
3. Make some jello and/or soup for after surgery.
4. Get a good night's rest.
5. Do not eat or drink anything after midnight.

MORNING OF SURGERY: Be at the Surgery Center/Hospital at: _____

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast at least 6 hours before your surgery time.
2. Do not wear wigs, hairpins, hairpieces, jewelry, contact lenses, dentures, nail polish, or makeup. Dress in loose-fitting comfortable clothes. Do not wear pullover tops or panty hose. Wear slip on shoes.

3. Have someone drive you to your surgery and make certain someone will be available to take you home and stay with you for 24 hours. Put a pillow and blanket in the car for the trip home. Ladies should bring sunglasses and a scarf.

AFTER SURGERY:

1. After surgery, it is best for you to go to bed and keep your head elevated on 2 pillows.
2. Applying the Swiss eye mask or iced gauze to your eyes and cheeks as much as possible for the first 48 hours will reduce the amount of swelling you will be after surgery.
3. If you have pain or discomfort in your eyes, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medications should not be taken together.
4. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
5. You can expect some bleeding from the stitch lines and swelling of the eyelids. However, you should call the office if you have a continuous bloody drip, significantly more swelling on one side than the other, or any severe eye pain.
6. Use Antibiotic eye ointment as instructed for 24 hours or as instructed.
7. If you have an incision in your mouth eat a soft diet for 2-3 days and use the mouthwash as instructed for one week.

OTHER POST-OPERATIVE INSTRUCTIONS:

1. On the day after surgery, start applying the Refresh P.M. ointment on the incision lines with Q-tips 2 times a day after 24 hours. Apply just enough to keep crusts from forming on the stitches and to keep the area from feeling tight.
2. If your eyes burn or remain partially open when sleeping, apply the Refresh P.M. ointment inside the eyelid as long as needed. This will make your vision blurry but it will clear as the ointment is absorbed.
3. Use Refresh Plus eyedrops during the day as needed to keep your eyes moist and comfortable.

4. The second day after surgery you can begin washing your face (but not your eyelids) gently with a mild soap (Ivory or Neutrogena) and rinse it with water. It will not hurt to get water on the stitches or in the eyes.
5. Smiling, yawning, or pulling on the eyelids should be avoided for 1 week after surgery. This is especially important the first few days following removal of the stitches.
6. Strenuous activities should be avoided for 2 weeks. After that, gradually increase your activities so you are back to normal by the end of the third week.
7. After a few days, if you experience itching in the eyes or any discomfort, warm compresses will help relieve that feeling.
8. If your eyes become red and irritated, or if you form yellow matters in your eyes, discontinue the ointment and call our office.

GENERAL INFORMATION:

1. Tearing often occurs after surgery. This will stop as the swelling goes away and the eye heals. Usually tearing means your eye is dry and needs more eyedrops.
2. Tightness of the eyelids and cheek is a normal feeling after the surgery. This may make it hard to close the eyelids completely. They will relax with time. Numbness usually resolves in 4-6 months but may be permanent.
3. Red discoloration of the eyes may occur if there is a lot of swelling. This is painless, will not harm your vision, and will disappear completely. This swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
4. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is usually about 1 week after surgery. If it is necessary to pull down on your eyelid to insert them, they should not be worn for 10 days. Glasses can be worn until then.
5. Cosmetics can be worn on the face as early as 3 days after surgery. However, eyelid or eyelash cosmetics should not be worn until 2 days after all the eyelid sutures have been removed. There may be a feeling of numbness of the eyelids that will subside with time.
6. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks.

7. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use the sunscreen with SPF 20 or greater for at least 6 months.
8. Please take all medication carefully and as directed.
9. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
10. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, or the wound opens, please call us immediately.
11. If you have an incision in your mouth, eat a soft diet for 2-3 days that consist of soups, mashed potatoes, etc. Always rinse your mouth out after you eat. Try to eat away from the incision so that debris does not accumulate near the wound. It is not infrequent for oral incisions open, but this can usually be managed with local wound care. If there is no infection the open wound will usually heal on its own in several weeks. Use the mouth wash as instructed by the surgeon to avoid infection.

JBL/awh