

FACE SKIN SURGERY

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medications can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please review with your primary care physician if you are on any medications that may contribute to bleeding. Aspirin should not be taken 1 week before 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 months before your surgery when possible.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you color or perm your hair, have this done at least two weeks prior to your surgery if the surgery is near the scalp so that your scalp will not be irritated. You should not have color or a perm for three weeks following surgery.

EVENING BEFORE SURGERY:

1. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
2. Make some jello and/or soup for after surgery.
3. Get a good night's rest.
4. Do not eat or drink anything after midnight if your surgery is scheduled before noon.

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.

AFTER SURGERY:

1. After surgery, it is best to go to bed and elevate your head & shoulders on at least 2 pillows. You may use a small roll or “neck” pillow under your neck for support.
2. Apply ice gauze, cloth, or gel patches (crushed ice is best) to your face or eyes as instructed for the first 6-8 hours after surgery as this will reduce the amount of swelling. Swelling will peak at 48-72 hours.
3. For the first 48 hours, please avoid any type of straining. You should get out of bed only when necessary and with assistance. It is not good to lie in bed without moving, so flex your feet and legs a couple of times every hour while you are awake.
4. If you have pain, take pain medication every 4-6 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 medication should not be taken together.
5. 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.
6. You may have drains in place under the skin after surgery. These will be secured but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to you or your caretaker.
7. After the drains have been removed you may start cleaning along the stitch lines with half strength hydrogen peroxide (dilute with water) once a day until wound is clean. Do not use H₂O₂ for more than several days because it will delay wound healing. Apply a thin layer of ointment to wound after cleaning if instructed by the surgeon.
8. Patients with **Medical Glue** (Dermabond) should avoid ointments to the area. Glue may be released with Vaseline application after 10 days. Patients with medical tape (Steri-strips) in place should wash the wound as instructed and allow the tape to fall off with time (5-7days).
9. You can expect some swelling of the face and eyes after surgery. If the swelling on one side is **significantly** more pronounced and you are having pain which is not relieved by the pain medication, please call the office.
10. Avoid turning your head to either side in certain cases, as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
11. **Remember, DO NOT SMOKE if possible until we tell you it is okay. This is very important.**

OTHER POST-OPERATIVE INSTRUCTIONS:

1. Visitors should be discouraged & facial movements (smiling, talking, chewing, yawning, etc.) keep to a minimum for the first week as instructed.
2. If you have burning or stinging in the eyes or if you are unable to close your eyes completely, apply Refresh Plus eye-drops in your eyes every 4 hours or as often as needed.
3. If your eyes burn or remain partially open when sleeping, apply the Refresh P.M. ointment inside the eyelid at night as long as needed. This will make your vision blurry but it will clear as the ointment is absorbed.
4. Use Natural Tears or Refresh Plus eye-drops during the day as needed to keep your eyes moist and comfortable.
5. Some tearing often occurs after surgery. This is more common when the surgery was performed near your eyes and will usually stop as the swelling goes away. If your eyes become red and irritated, or if you form yellow matters in your eyes, call our office.
6. After your dressing and drains have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of your hair. Do not use hairsprays, conditioners, gels, etc. while the stitches are in place.
7. After 24 hours you may start washing your face gently with a bland soap (Neutrogena, Ivory, etc.) You may use a moisturizer on your face being careful to keep it away from the stitch lines.
8. Your hair may be dried with a blow dryer on cool, **not a hot**, setting. Hair coloring should be delayed until 3 weeks after surgery, when healing is completed and no crust remains.
9. Strenuous activities should be avoided for 2 weeks as instructed. Increase gradually your activities to normal by the end of the third week.
10. The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear wide brim hats and sunscreen (SPF 15 or greater) if you have to be in the sun for prolonged periods.

GENERAL INFORMATION:

1. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately 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 carefully until then, but avoid pressure directly on wounds. Dentures should be avoided for 7-10 days if they irritate or apply pressure to the wound.
2. Your face, ears, and neck will feel tight and there will be a feeling of numbness in these areas for several weeks to months after the surgery. This will disappear and the feel will return.
3. The scars and any are areas of bruising can be massaged with Mederma, a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery and once the wound is completely healed. This will promote early softening and maturation of these areas.
4. Cosmetics can be worn on the face as early as 3 days after surgery. However, eyelid or eyelash cosmetics should not be worn until 2-3 days after all the eyelid sutures have been removed. There may be a feeling of numbness of the eyelids that will subside with time.
5. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks when instructed or concerned.
6. 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.
7. Please take all medication carefully and as directed. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
8. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

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