



BEFORE YOUR SURGERY

- Arrange for a caregiver (18 years or older) who can take you home and be with you 24 hours post-op.
- Arrange for childcare, if needed.
- Our office will contact you the business day before your surgery with your scheduled time.
- In case of scheduling changes, be available and have your phone on you day of surgery for any updates.

SHOWERING AND AFTERCARE

- You will go home after surgery with a padded wrap around your face to reduce swelling. The next day, we will schedule you for a hair wash appointment, remove the wrap, and assess your drains if you have them. At this time, your nurse can remove your drains if your drainage is minimal.
- After the wrap is removed, you will get a chin strap to wear 24/7 until your follow-up with your physician. Your chin strap should fit snugly but not too tight (two fingers should fit between your skin and the strap) and if you have filler/fat injections, the chin strap should not cover those areas.

SLEEP

Sleep at least a 30 to 45-degree angle on your back for 10 to 14 days until your doctor tells you otherwise. Do not lie on your side or stomach.

DRAIN CARE

Drains are sutured in and will remain in place until drainage meets criteria for removal. While your drain is in, note the color, amount, date and time you emptied it. Ensure you “recharge” the drain by squeezing it prior to closing after emptying.

HEALING SKIN

After your drains are removed, you may have some crusty areas around your incision lines. You can clean these with a cotton swab and equal parts hydrogen peroxide and water and then cover it with a small layer of Bacitracin.

WHEN TO CALL US

Anytime you have a concern, we are available to help you. Please call us as soon as possible if you have a large swollen area of your face that is very painful, profuse bleeding from site, or an incision site opens as these concerns can be emergent.

UNEXPECTED THINGS THAT ARE NORMAL

It is normal for you to have bloodshot eyes along with bruising on your face and around your eyes. You may feel some tingling pain as the nerves reconnect.



REMEMBER

- If you have fat injections in your face, do not ice directly where the fat was placed.
- No bending or pushing or pulling greater than 10 pounds until directed by your doctor to increase activity.

FUN FACT

Drinking pineapple juice and applying arnica can help with bruising and swelling.

If you have immediate concerns, please call the office at 757.873.3500.