

Cosmetic Surgery General Post-Operative Instructions:

- 1) **Activity:** No jarring activity, aerobic exercise, heavy lifting or sunbathing for 2 (Two) weeks. We do not recommend bed rest, however this is a time to relax and heal. You may go for walks, but may not power walk.
- 2) **Bathing:** A shower or bath with tepid water may be taken the day after surgery if there are no dressings. Do not get dressings wet. Please do not use hot water or take hot tubs because it may increase bleeding and/or swelling. You may gently wash and/or shave your face daily. Keep visible incisions (Such as on the eyelids) clean and free of crust.
- 3) **Hair:** If there are no incisions in the scalp an/or dressings, hair may be gently washed and combed. If you have had a face or brow lift, you may wash your hair in 4-5 days after surgery. Use a mild shampoo. Permanents and hair coloring should wait 5-6 weeks after a facelift or forehead surgery.
- 4) **Medications:** Medications for infection and swelling when prescribed, are to be taken as directed until all the pills are finished, unless there is a reaction in which it should be brought to the immediate attention of our office. Pain medication is taken as needed. Any severe pain, not relieved by medications should be brought to the attention of our office.
- 5) **Bleeding & Swelling:** Swelling of surgical areas and some spotting of dressings with blood are common after surgery. **Maximum bruising and swelling will occur 48 hours after surgery with the majority being absorbed in about 10-14 days.** (Our office should be notified of any excessive bleeding (Saturation of dressings, or in case of Nasal Surgery: Changing of blood-soaked dressing more than once every 20 minutes.) **Excessive bruising and excessive swelling should also be brought to the attention of the office. Should an area of swelling appear rapidly, please contact the office immediately.** Swelling and bruising are not usually symmetrical, areas may move from one side to the other. **THIS IS NORMAL.**
- 6) **Sleeping:** Sleep on your back with 3 pillows to elevate your head for 2 weeks after surgery. This will reduce swelling and bruising after surgery. **DO NOT sleep on your face or side.** Keep your head above your heart. You may use a travel pillow to support your neck. Some degree of difficulty with sleeping in this position is not uncommon after surgery.
- 7) **Pain:** DO NOT Take Aspirin, Aspirin containing products, Arthritis preparations or Anti Inflammatory medications, as these tend to increase bleeding. For mild discomfort, Extra Strength Tylenol will be effective. Medications provided should relieve most of the pain and discomfort of surgery.

- 8) **Driving:** You should not drive for 24 hours after surgery. You may drive a car 24 hours after surgery provided you feel alert, oriented, and you have not taken any pain medications other than Tylenol in the past 6 hours.
- 9) **Smoking & Drinking:** These activities **DELAY** and may effect the healing process. They are not recommended. Alcoholic beverages must not be consumed while taking narcotic pain relievers.
- 10) **Makeup:** Makeup may be worn directly on incision lines 7 (seven) days after surgery. Areas without incisions may be covered with makeup within 2-3 days after surgery. Always wear sun block and avoid sunbathing for as long as discoloration persists.
- 11) **Eating:** A moderate diet with minimal chewing is recommended for the first few days after surgery. For patients prone to nausea, all medications should be taken with food. Take care to insure an adequate fluid intake: This is more important than food intake.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL US AT (818)-888-7878