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Face- Neck – Forehead
Post-Operative Instructions

1. The doctor will remove your sutures five to seven days after surgery. Call the office at 214-827-8407, extension 220, to schedule this appointment and any other follow-up appointments with the doctor.
2. Wait 24 to 48 hours before you shower. Apply antibiotic ointment to all incisions once-a-day for one week after taking your shower. Use of a clean Q-tip for this application is helpful. Be sure to wash your hands before starting. On week three, change to using the scar cream called Mederma on all incisions as long as they are totally well healed. Don't wear anything tight around your neck for the first week or two.
3. Keep your head elevated on several pillows and sleep on your back for 10 days. Do not turn your head sharply from side to side. Attempt to move your head and shoulders as a unit for the first ten days. Do not drive for at least one week or while on pain medications.
4. Swelling, bruising and numbness are to be expected. Sometimes one side is more swollen than the other. However, if you notice a drastic increase in swelling, bruising, redness, pain or a temperature over 101 degrees, call the office immediately. If after hours talk to the answering service. They will page the doctor immediately and have him call you back.
5. Immediately following surgery, it is helpful to use a straw to drink with and a baby toothbrush to brush your teeth.
6. Taking pain medications on an empty stomach can cause nausea and vomiting. Try to eat a cracker or piece of toast prior to taking them. Also, they can result in constipation. If this occurs, start with a mild laxative such as Surfak or Metamucil and progress to a Fleets enema if needed. The doctor does not want you straining because this raises your blood pressure.
7. If you desire to schedule a lymphatic drainage therapy session, book the first session with Rosemary Gwin around one week to 10 days post-op. I will provide a phone number if you wish to have one.
8. Avoid direct sunlight on your face. No heavy lifting or strenuous exercises for about four weeks. Wear a hat and sunscreen to protect your new face.