

GUELPH | FACIAL PLASTICS

- Post-Operative Discharge Instructions -

DRESSINGS

- A gauze dressing 'head wrap' has been applied to keep pressure on the neck and cheeks to minimize bruising and the chance of bleeding/hematoma
- Dr. Brace or Nurse Jocelyn will see you the day after surgery to remove this dressing and replace it with an elastic facial dressing
- Please do not attempt to remove the gauze dressing
- Expect some bleeding from the incisions to leak onto the gauze dressing. Use an old pillowcase or towel on your pillowcase to avoid blood stains on your linens
- **You will be given a facial garment the day after surgery that must be worn at all times for two weeks following surgery.** After two weeks, you may only wear the garment at night for an additional two weeks. You may remove the garment for showers

DRAINS

- Drains may have been placed into your neck behind your ears
- The drains remove blood and inflammatory fluid to help minimize bruising, swelling, and chance of hematoma
- If the drain bulb becomes full, remove the cap and dispose of the contents down the drain. Squeeze the bulb with the cap off. While holding the bulb squeezed, replace the cap. This will create suction to allow fluid to drain
- Dr. Brace or Nurse Jocelyn will remove the drains when they stop actively draining fluid. Please keep track of how much fluid you empty from the drains and at what time

WOUND CARE

- There are stitches holding all of your incision lines, the most common places for incision lines/sutures are in front of and behind your ears, along your hairline, and under your chin, below your nose, and/or around your eyes
- **Clean all of your incision lines twice a day with the following instructions: Use peroxide on a Q-tip, gently clear off any scabs with the peroxide as they will otherwise hold on to bacteria. After you have cleaned your incision areas with peroxide, apply Vaseline, Aquaphor, or Polysporin. Keeping the incision lines greasy will help them to heal**
- Sutures will be removed at your one week follow up appointment
- Contact Nurse Jocelyn if you have any questions about wound care

- Transconjunctival Lower Lid Blepharoplasty -

WOUND CARE

- An incision was made inside your lower eyelid and sometimes at the outside corner of your eye
- There may be a white gauze piece secured with a stitch under each eye, these require no care, leave them in place and avoid getting them wet
- It is normal for the eye to drain bloody tears for the first few days after surgery as the incision line inside the eye will stain the normal tear film
- Ice and head elevation help minimize bruising and swelling
- Rinse your eyes with natural tears regularly and whenever they feel irritated
- Use the medicated eye drops as prescribed

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- Upper or Lower Eyelid Skin Pinch Blepharoplasty -

WOUND CARE

- Incisions were made in the crease of your upper eyelid, or below your lashline on the lower eyelid
- Clean the sutures along your incision lines with peroxide then apply Polysporin
- Rinse your eyes with natural tears for irritation or dryness
- Ice and head elevation help minimize bruising and swelling

- Brow Lift -

WOUND CARE

- Incisions were made in the hair-bearing skin of your scalp or just in front of your hairline
- Sutures have been placed to close the skin. If they are inside your hair bearing skin, these will dissolve and require the usual care of peroxide and Polysporin. If there are sutures at the hairline, also clean any scabbing off of them twice a day with peroxide followed by Polysporin
- It is normal for this incision to not lay flat in the first few weeks of healing, this will naturally resolve with time
- It is normal for the brow to feel tight
- Expect bruises to form under the eyes up to 4 days after surgery
- Ice and head elevation help minimize bruising and swelling

- Lip Lift -

WOUND CARE

- An incision was made at the base of your nose
- Sutures have been placed to close the skin
- Clean any scabbing off of the suture line twice a day with a Qtip and peroxide or saline (available at pharmacies)
- After cleaning the incisions apply an occlusive OINTMENT (Vaseline, Aquaphor, Polysporin, coconut oil etc.)
- There are sutures that will dissolve tied INSIDE your nostril. These require no care
- Expect bruises to form in your upper lip
- Ice and head elevation help minimize bruising and swelling
- Expected your upper lip function to feel weak and abnormal for up to 3 months as the lip muscles recover
- **Do not do any movements that pull your lip down/stretch the skin of your upper lip.** Avoid using straws and checking your scar by pulling your upper lip down, these actions can cause a wide scar

FOR YOUR COMFORT

- Gently apply ice packs to all treatment areas. Ice is recommended for 20 minutes of every hour while awake for the first 3 days. Ice will help with swelling, bruising, and comfort
- A clean and damp washcloth put in the fridge or freezer makes for a gentle ice pack around the eyes
- Keep your head elevated. Sleeping propped up on pillows for the first few days will also help to minimize swelling

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- Switch from the prescribed pain medication to regular Tylenol or Advil as soon as you are able to, this will prevent nausea, it is safe to use Tylenol and Advil at the same time
- Nurse Jocelyn will laser any bruises at your 1 week appointment to help them fade sooner
- Please reach out to our office if you have any questions or concerns

MEDICATIONS

- Take your antibiotic as directed until the prescription is finished
- Use Tylenol (acetaminophen) 650mg every 4 hours as baseline pain control AND/OR Advil (ibuprofen) 400mg every 6 hours. You may use both at the same time
- To minimize nausea and vomiting, use your prescribed pain medicine only if Tylenol/Advil is not sufficient to treat your pain
- Use the steroid as directed with the tapered dosing to minimize swelling
- Do not use Aspirin for 2 weeks after surgery to avoid bleeding

SHOWERING

- Do not shower or bathe after surgery until your drains have been removed
- After drains have been removed wait an additional 3 days before submerging your head in water
- If no drains were placed, you may shower or bathe your body after your day 1 appointment
- Do not wet any incisions with water for 3 days following surgery
- You may carefully wash the ends of your hair avoiding incision lines before the 3 day point

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- You may resume a normal diet as soon as you feel ready

AFTER SURGERY

- Avoid strenuous exercise for 2-4 weeks following surgery, this will decrease risk for bleeding/hematoma. Walks are permitted whenever you feel comfortable doing so
- Some bleeding is expected from the incision lines and drain insertion sites, this is normal for up to a week after surgery. Ice and head elevation will help with the bleeding
- You will be wearing the facial garment for 2 weeks after surgery, wear this 24/7 unless showering or cleaning incisions
- Nausea is common after a general anesthetic. Use Gravol as needed. The steroid prescription can also help with nausea
- Avoid harsh products around your incisions for a minimum of 4 weeks, this includes hair dye

ACTIVITY/DRIVING

- Medications you were given during your surgery will be acting in your body for 24-48 hours. Do not drive, operate machinery, drink alcohol or make important decisions in the first 2 days following surgery. Someone must stay with you overnight and drive you to your day after appointment
- You may resume most activities of daily living the day after your surgery. **AVOID STRAINING, HEAVY LIFTING AND MANUAL LABOUR** for a minimum of 14 days after surgery
- You may return to work as early as 10 days after surgery if you feel up to it, although you will still need to have the facial garment on for the full 14 days

WHEN TO SEEK MEDICAL HELP

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PLEASE NOTE: Call Dr. Brace's office during office hours, or go to the Emergency Room after hours and call Dr. Braces direct phone if you have any of the following or any concern of an urgent nature:

- A brisk swelling in your neck or cheeks that grows larger by the minute and is tense and firm is NOT normal. This may represent bleeding under the skin. Immediately call our office if this occurs during office hours or go to the Emergency Room
- You have an ongoing fever above 38.5°C (101.3F)
- Pus coming from your incisions
- Increasing redness, pain, and warmth coming from your incisions
- You have difficulty breathing or chest pain
- You have heavy bleeding that does not stop
- You have nausea and vomiting lasting more than 2 days
- You develop a progressive headache WITH fever, vomiting and neck stiffness

Please contact Dr. Braces office if you are hospitalized within 10 days of your surgery. In that circumstance, we will notify the College of Physicians and update them on your status.