

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 yourself
- **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
- **Protect your wounds by placing a non stick gauze over them before you apply your facial garment.**
- **Do not apply the facial garment too tight.** It should feel supportive but not restrictive.

DRAINS

- Drains may have been placed into your neck behind your ears
- **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. If your drains are in the shape of an egg they are NOT holding suction. The drain should look squeezed**
- 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

- **Clean all of your incision lines twice a day with the following instructions:**
Use a Q-tip soaked with a 50:50 mix of peroxide and water to gently clean your wounds.
After you have cleaned your wounds with peroxide, apply Vaseline, Aquaphor, or Polysporin ointment. Keeping the incision lines clean and 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

- 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.
- Rinse your eyes with natural tears for irritation or dryness
- Ice and head elevation help minimize bruising and swelling
- Follow wound care instructions twice a day

- 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

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- Lip Lift -

WOUND CARE

- Your wound is at the base of your nose
- Follow the wound care protocol twice a day
- There are sutures that will dissolve tied INSIDE your nostril. These require no care
- Expect bruises to form in your upper lip
- Expect 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 will 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
- Keep your head elevated. Sleeping propped up on pillows for the first few days will also help to minimize swelling
- 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
- Use Gravol as needed
- 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 drain removal, you may shower and rinse your hair with WATER ONLY
- 72 hours after drain removal, you may wash your hair. Be gentle and do not scrub your wounds. Baby shampoo is preferred around wounds
- If no drains were placed, you may shower or bathe after your next day follow up

NUTRITION

- Light meals are suggested the day of your surgery when you return home
- Keep your diet low in sodium
- Avoid any foods that produce extra saliva such as dry crackers, spicy, salty, tart or sour candy and fruit
- Eat enough calories and protein
- Pineapple is great to help with swelling and bruising, blend the core into a smoothie and tone down the tart flavor of pineapple with adding yogurt

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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 full time for 2 weeks after surgery then 2 weeks just while sleeping**
- 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

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.