



THE SPIEGEL CENTER
ADVANCED FACIAL AESTHETICS

Congratulations on scheduling your big day with us! We are so excited to be a part of your journey! Please see post op care instructions for all procedures below. Please read through these carefully to make sure you understand how to properly care for your treatment.

Keeping It Clean

Once a day remove the ace wrap around your head and clean the incisions carefully using a gentle cleanser, such as Cetaphil, and apply Neosporin to keep the area clean and moist—this will encourage the incisions to heal and the stitches to dissolve faster. Remember, never to pull away from the incisions. Stubborn areas to clean can be remedied with a mixture of water with a small amount of hydrogen peroxide or a diluted hydrogen peroxide pad. Place gauze pads over the ointment and rewrap your head as tightly as possible. *Please, be gentle!*

Do's and Don'ts

During the first week after surgery you should rest at home/hotel as much as possible. You also should not be moving your head around or bending down at the waist for the first few days after surgery—this is to minimize rushing blood to the area. Instead, bend at the knees and/or turn your entire body if necessary. Keep your head elevated at all times. When sleeping, use two pillows to prop up your head and support your neck. It is not necessary to sleep at a 90° angle but keeping your head above your heart is best. Do not sleep on your side for one week and if necessary, place pillows on the side your face to prohibit yourself from turning your face while sleeping.

Short walks a few days following surgery are encouraged but please have an escort with you the first couple of trips. However, any physical activity that raises your blood pressure or causes sweating is prohibited for one week.

Soft foods like fruit shakes, yogurt, soup and scrambled eggs and pudding are ideal following surgery. Minimize your facial movements, talking and laughing as much as possible to allow the skin and tissue to heal properly.

Button-down shirts or zip sweaters/sweatshirts are ideal following surgery to avoid pulling on the incisions.

A first post-operative appointment is scheduled 5-7 days following surgery. At this time, Dr. Spiegel will review your progress, answer any questions and remove any sutures that need to be addressed.

Avoid sun exposure to the surgical area for six weeks and use sunscreen on incisions for at least one year. This will help improve the quality of the scar and help it fade.

After two weeks most patients feel they look presentable and return back to work around this time. Traveling is permitted after one week. However, it is important to have help carrying any heavy luggage.

After two weeks you may resume: sleeping on your side, driving, sedentary work and light exercise like slow walking or using an exercise bike. Intense exercise (running, yoga, pilates, weight lifting, elliptical) can be resumed 4 weeks following surgery.



SPECIFIC PROCEDURE INSTRUCTIONS

After Forehead Surgery

At the facility

Immediately following the surgery you will wake up in the recovery room and will be quite groggy, this is very normal. During your recovery if you feel ill or nauseous alert a nurse who can make you feel better with some medication or special care. Our Fellow will come by the next morning to check on you and discharge you from the hospital.

At Home

The first days following surgery you are newly swollen, bruised and sore around the forehead, eyes and nose—this to be expected. During the first 24 hours after surgery, ice your eyes as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

An ace bandage will be placed around your face following surgery and should be kept on loosely for one week or until instructed otherwise by Dr. Spiegel. If this becomes irritating to the skin place a soft piece of cloth (like a handkerchief) between your skin and the wrap to create a comfortable buffer.

Tightness and lumpiness around the forehead and eyes is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem. Do not pick at or remove any scabs or crusting.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Most patients experience the majority of their bruising in the corners of their eyes and brow area. Some swelling and tightness will be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Generally patients feel comfortable returning to work after 2-3 weeks.

Lack of feeling or partial feeling in the scalp and face is normal and will gradually improve with time, generally 6-12 months after surgery.

After Browlift Surgery

At the facility

Immediately following the surgery you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. If you are leaving following your surgery then you will be brought to the short-stay recovery room to relax until you are feeling well enough to leave with your escort.

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your eyes as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling around the eyes.



Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others.

Tightness and lumpiness around the eyes and upper face is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem.

After Cheek Augmentation

At the Facility

Immediately following the surgery you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. Most patients feel well enough to leave the hospital that same day.

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your cheeks as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the mid-face is common and simply takes time to settle.

After Chin Augmentation

At the Facility

Immediately following the surgery you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. Most patients feel well enough to leave the hospital that same day.

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your cheeks as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the mid-face is common and simply takes time to settle.



After Facelift and Necklift Surgery

At the Facility

Immediately following the surgery, you will wake up in the recovery room and will be quite groggy—this is very normal. You will be staying in the hospital for one night and will be discharged the next day mid-morning.

At Home

The first days following surgery you are newly swollen, bruised and sore around the neck, jowls and mid-face—this to be expected. During the first 24 hours after surgery, ice your neck and lower face as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

An ace bandage will be placed around your face following surgery and should be kept on as tightly as possible for one week or until instructed otherwise by Dr. Spiegel. If this becomes irritating to the skin place a soft piece of cloth (like a handkerchief) between your skin and the wrap to create a comfortable buffer.

Tightness and lumpiness around the neck and jowls is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem. Do not pick at or remove any scabs or crusting.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. If liposuction of the neck was done there may be some additional swelling and bruising to the neck and upper chin area-this is expected and can be treated with ice for the first few days.

Lack of feeling or partial feeling in the neck, face and ears is normal and will gradually improve with time. This may take up to one year although it usually takes about 6-8 months for full sensation.

After Lip Lift Surgery

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your lip as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the lips is common and simply takes time to settle. Gentle massaging can be utilized one week after surgery if lumpiness persists. Lack of feeling or partial feeling in the lip and chin area is normal and will gradually improve with time. Do not pick at or remove any scabs or crusting.



After Liposuction

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your chin and neck as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling around the incision.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the incision is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem.

An ace bandage will be placed around your face following surgery and should be kept on as tightly as possible for one week or until instructed otherwise by Dr. Spiegel. If this becomes irritating to the skin place a soft piece of cloth (like a handkerchief) between your skin and the wrap to create a comfortable buffer.

After Mandible Surgery

At the Facility

Immediately following the surgery you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. Most patients feel well enough to leave the hospital that same day.

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your jaw and chin as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. It is normal to have extensive swelling of the lower cheek/jowl area following this surgery. If a chin implant was placed this also may look very swollen-this will go down with time. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the jaw and chin area is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem. Lack of feeling or partial feeling in the face, chin, neck and jaw is normal and will gradually improve with time.



After Otoplasty Surgery

At the Facility

If you are leaving following your surgery then you will be brought to the short-stay recovery room to relax until you are feeling well enough to leave with your escort. You will *not* be released without an escort—a cab driver does not count.

At Home

The first days following surgery you are newly swollen, bruised and sore around your ears and neck—this is to be expected. Gauze dressings will be placed over the incisions following surgery and an ace bandage will be wrapped around your head. You are free to remove the bandage and dressings 24 hours after surgery to gently clean the incisions and rewrap the incisions with gauze and the ace bandage, unless otherwise instructed by Dr. Spiegel. The ace bandage or headband should be worn **24 hours a day** until your first post-operative visit with Dr. Spiegel. At that time, he will instruct you how to proceed with your bandages and head wrap.

Keep the incision areas clean daily using a gentle cleanser, such as Cetaphil, and apply Neosporin to keep the areas clean and moist—this will encourage the incisions to heal faster. Stubborn areas to clean can be remedied with a mixture of water with a small amount of hydrogen peroxide as needed.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Swelling and tightness will be evident around the ears right after surgery. Some swelling may linger for several weeks after surgery; however this amount will be quite small and not noticeable to others. Generally patients feel comfortable returning to work after 2 weeks. Lack of feeling or partial feeling around the ears is normal and will gradually improve with time.

After Rhinoplasty Surgery

At the Facility

Immediately following the surgery, you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. Most patients feel well enough to leave the hospital that same day. You will need an escort if you are not staying overnight.

At Home

The first days following surgery you are newly swollen, bruised and sore—it is to be expected. During the first 24 hours after surgery, ice your eyes as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling around the nose and eyes. Remember to keep the cast completely **DRY** and not to get wet at any time even when icing.

It is common to experience some draining of mucus or blood in your throat after surgery—this is from the incisions in your nose. **DO NOT** blow your nose during the first week post-op. Instead, use the nasal saline spray to gently irrigate (clean out) the nose a few times a day. Your nose will be cleaned out at your first post-operative appointment. Do not pick at or remove any scabs or crusting.



Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the eyes is common and simply takes time to settle.

Following surgery patients experience difficulty breathing through their nose due to its stuffiness and post-operative pressure. You will need to resort to breathing through your mouth for one week. Using Chapstick and drinking plenty of water will help you avoid chapped lips and keep your mouth comfortable during this time. You can gently clean the area with nasal spray and Q-Tips but again, **do not** blow your nose to clear this—that may result in disrupting the stitches and incision area.

After Trachea Shave

At the Facility

Immediately following the surgery, you will wake up in the recovery room and will be quite groggy, this is very normal. We recommend that you either stay overnight in the hospital or nearby.

At Home

The first days following surgery you are newly swollen, bruised and sore-it is to be expected. During the first 24 hours after surgery, ice your throat as much as possible with ice water soaked gauze pads or small amounts of frozen peas or blueberries in zip-locked bags. This will help reduce some of the swelling around the incision.

Bruising and swelling usually peak 2-3 days following surgery and will subside about 7-10 days later. Some swelling may be evident for several weeks after surgery; however this amount will be quite small and not noticeable to others. Tightness and lumpiness around the incision is common and simply takes time to settle. After one week gentle massaging can be applied to any lumpy areas to help address this problem.

A glue is used to bond the incision during surgery. This area does not need any additional care following surgery other than normal daily bathing. No ointment should be put on this area and, remember, never to pull away from the incisions.

If liposuction of the neck was done there may be some additional swelling and bruising to the neck and upper chin area-this is expected and can be treated with ice for the first few days. Do not pick at or remove any scabs or crusting.

Stubborn areas to clean can be remedied with a mixture of water with a small amount of hydrogen peroxide or a diluted hydrogen peroxide pad. *Please, be gentle!*



After Voice Surgery

At the Facility

Immediately following the surgery, you will wake up in the recovery room and will be quite groggy, this is very normal. If you are staying in the hospital you will be brought to your room after resting in the immediate recovery room. We recommend that you either stay overnight in the hospital or nearby.

At Home

Patients will need to have complete voice rest for 3 full weeks after surgery. Patients should not speak at all during this time.

If you experience any trouble breathing please alert our office as soon as possible. You can page the on-call doctor by calling 617-638-8000 and ask to page 4433—they will be able to reach Dr. Spiegel.