

POST-OPERATIVE INSTRUCTIONS: FACIAL IMPLANT(S)

Position

Because blood pressure, and thereby pain, increase when the head is placed below the heart, it is recommended that all patients who have had head and neck surgical procedures keep their head elevated above their heart by sleeping on 3 pillows for the first week after surgery.

Ice/Heat

Ice packs can be used for up to 72 hours. After 72 hours, switch to warm heat which will hasten resolution of bruising.

Heat

Begin warm, moist heat on the **5th day** after your procedure. Apply a warm, moist washcloth to your skin. **Remember your skin does not have any sensation so make sure the washcloth is WARM only, NOT HOT.** Use the warm, moist heat for 20 minutes at a time, 4-5 times per day on the bruised areas.

Swelling

It is normal for all patients to have some degree of swelling after facial surgical procedures. In general terms, the swelling increases up to 48 hours and then will slowly start to decrease. By two weeks, it will be 80% gone and will usually be completely gone by three weeks.

Wound Care

External skin incisions that have been closed should have suture line care 3-4 times per day with a 50/50 mix of hydrogen peroxide and water. Dip cotton tip applicators in this solution to cleanse the area. Do not allow scab formation or tissue exudate to form on the wound. After cleansing, cover the incisions with a thin layer of antibiotic ointment. Proper wound care will minimize scarring. It is acceptable to get skin incisions wet in the shower (not soaking in the tub), but the incisions should be carefully dried and antibiotic ointment applied immediately.

Showering

You may take a shower 2 days after your procedure. Avoid letting the water hit directly on your incisions. Apply antibiotic ointment when done.

Medications

Depending on the surgical procedure, patients may have numerous medications at the time of discharge. They may be in liquid or tablet form and should be taken exactly as prescribed. Only take pain medication when needed. Antibiotics, decongestants, and anti-inflammatories should all be taken as prescribed for the full length of the prescription.

Activity

The level of activity recommended to patients upon discharge varies depending on the operation and how the patient is feeling. In general, the patient should attempt to do some activities around the home. If fatigue becomes a factor, you should take a nap or rest. After that, get up and attempt to continue with your normal activity. The sooner you are able to achieve your normal level of activity, the sooner your recovery will proceed. Do not do anything to elevate your blood pressure for the first two weeks after surgery. **Do not lift more than 10 pounds. Avoid trauma to the surgical area.**

POST-OPERATIVE INSTRUCTIONS: FACIAL IMPLANT(S) (CONT.)

Follow-up Appointment

All patients will be given a follow-up office appointment for suture removal and/or to check incisions. It is extremely important that these follow-up appointments be kept for proper evaluation of your surgical procedure.

OUR OFFICE NUMBER IS 208.344.9115. IF YOU ARE UNABLE TO REACH YOUR PHYSICIAN, CALL OUR ANSWERING SERVICE AT 208.327.8171 TO REACH THE DOCTOR ON CALL.