



Gallery of Cosmetic Surgery

POST-OPERATIVE INSTRUCTIONS FOR FACE & NECK SURGERY

- Head Position:** Try to maintain head elevation at an angle of 15 to 30 degrees whenever lying down for the first 10 days following your procedure. The use of a recliner chair for sleeping is ideal, as it will help limit the amount of bruising. To keep swelling down, you need to maintain your head above your chest level and be sure to wear your head garment (provided in your kit).
- Dressing:** **After surgery, do not** remove your wrap, or bandages. You will find on the evening of your surgery, the bandages will gradually feel tighter; this is a result of swelling and is normal. These bandages will be removed at the office the day after your surgery and rewrapped with your own head garment (please remember to bring it with you: it's in your post op kit). The head garment is a compression garment that should be worn day and night for the first week. If you go out during the day, it's okay to remove it, but be sure to put it back on at night; keep it on while you sleep, and be careful with your ears - do not to pull at your ear area.
- Ice:** To limit the swelling and bruising, place ice packs over your facial area for the **first 72 hours**. While you are awake, place the ice packs on for 15 minutes, then wait for 45 minutes, then place the ice packs on again for 15 minutes. Keep up the icing regimen for 72 hours.
- Medication:** Take all prescribed medications as directed. Narcotic pain medications should be taken if absolutely needed, and should be taken with a light meal. Tylenol is okay to take right after surgery, but not any Advil, Motrin or Aspirin products until after the first week. After a week after surgery and suture removal, you may take Advil for pain which will also help in reducing the swelling.
- Vitamins:** The use of certain vitamins is recommended, while certain vitamins should be avoided. (The list of vitamins to be avoided is provided on a separate sheet.) Starting two days prior to your procedure, start taking **Vitamin C** 500 mg twice daily, **Vitamin K** 100 mcg twice daily, and **Arnica Montana** (4) tablets under the tongue three times daily. All vitamins and/or supplements can be purchased from any health food store like GNC. Please continue taking all of the recommended vitamins for at least 5 days after your procedure.
- Bathing:** It's permissible to wash your hair (gently) in the shower the day after your procedure.



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- Wound Care:** After the head wrap and bandages are removed in our NPB office, follow the wound care instructions, as indicated below (also attached are instructions for incision care):
- 1- Mix half Hydrogen peroxide with half saline in the clean spray bottle (provided in your kit).
 - 2- Spray the peroxide-water solution directly on to the incision lines. Using clean gauze, gently clean all blood and material from the areas of your sutures. Do not leave any crusting on the suture line. Repeat twice a day (minimum) until after sutures are removed.
 - 3- After cleaning, cover the suture line with the Bacitracin antibiotic ointment. **Do not allow the area to dry out.**
- Make Up:** You can use a **mint green cover stick** followed by a flesh tone foundation - you will find that this will cover most of the bruising (look for it in the pharmacy's cosmetic section).
- Smoking:** Smoking will delay your ability to heal. You should not smoke 3 weeks before and 3 weeks after your surgery, as it will hinder your circulation and wound healing abilities. **Nicotine patches are OK to use** up to two days before surgery.
- Clothing:** **Do not** wear pullover clothes for two weeks (you may hit your face while changing clothes). Preferably, you should dress in a button-up or zippered top.
- Eye Wear:** Contacts may be worn after the second day, except when eyelid surgery is performed. Eyeglasses can be worn after talking to the doctor. Please note, that the glasses' handle ***must not rub the wound area.***
- Sun:** Always protect your facial skin and suture lines from excessive sun exposure for at least one month after surgery. Use Sun Protection Factor (SPF) 30 or greater. Wear a hat as needed for additional protection.
- Bleeding:** A small amount of oozing from your incision is normal within the first 48 hours. Excessive bleeding or swelling must be reported to your doctor right away.
- Activity/Work:** Light activity is encouraged (walking) starting the first day. Avoid bending over or lifting heavy objects for one week. Strenuous activities should be avoided for the first 3 weeks.



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Please Report any of the following to our office

- 1- Excessive pain or bleeding
- 2- Rash
- 3- Fever above 100 degrees (taken by oral thermometer)
- 4- Excessive swelling, bruising, fatigue or depression

**Please call the Newport Beach Center for Surgery at (949) 706-0678
or Dr. Sadati at (949) 485-8101 with ANY questions following surgery.**

We look forward to seeing you on the day of your Procedure!!

*General Cosmetic Surgery
Facial Plastic & Reconstructive Surgery*