

Fairfield County Plastic Surgery

Post-Operative Facial Implant Instructions

PREOPERATIVE INSTRUCTIONS

A word of caution. After the implant is placed, your face is swollen and bruised. You will not see improvements until the swelling and bruising has abated. We will give you support and reassurance to get the best possible result in as short a time as is possible.

- 1) **DO NOT TAKE ANY ASPIRIN PRODUCTS for 2 weeks prior to or after surgery.**
Do not SMOKE for three weeks before or after surgery. Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol. Do not drink alcohol for 10 days pre op.
- 2) Wash your face and neck thoroughly with Phisoex (over-the-counter) the morning and night of the day prior to surgery. Please **DO NOT** wear make-up.
- 3) Fill the prescriptions we give you before surgery
- 4) **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.**
- 5) Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty hose
6. Please have EKG and blood tests (if ordered) completed 10 days before surgery

POST-OPERATIVE INSTRUCTIONS

- 1) Your surgery will take approximately 1-2 hours. After surgery you will go to the recovery room until you have awakened sufficiently to return home. **If you are having outpatient surgery, someone must drive you home and remain with you that day and night.** Please keep your head elevated as much as possible after surgery to reduce swelling.
 - Do not put your head below your heart
 - Do not do any strenuous activity
 - Do not strain during a bowel motion
 - Do not take pain medication on an empty stomach since it may cause vomiting.

All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.

- 2) Do not smoke for three weeks after surgery; do not drink regular coffee or soft drinks containing caffeine. Do not sit in the same room as a smoker.
- 3) After surgery, bandages will be applied to your face. The bandages will be changed after 24 hours. Your face will be bruised and swollen after surgery. It is a good idea not to look at yourself in a mirror for several days until the initial bruising and swelling has gone down. Most of this will be gone by the end of 2 weeks. Final resolution takes several weeks. However you will be able to wear make-up and go out after ten to fourteen days.
- 4) After the dressings are removed, you may wash your face gently with soap and water and apply a moisturizing cream if desired. This may not apply if you are having a chemical peel at the same. Please **DO NOT** wear make-up without first checking with us.
- 5) Please keep your head elevated as much as possible after surgery to reduce swelling. Sleep with 3 pillows at night for 1 week. Arrange the pillows so that the head is elevated with the upper body. Keep the head elevated during the day for 7 days after surgery.
- 6) It will be necessary to see you in the office the day after surgery and at least once a week for 2 weeks following surgery to change the dressings and remove remaining sutures. After you are dismissed, you may not need to return to the office again until your 6-week checkup.