



## Recipe for Success

Welcome to your recovery from facial surgery!



## Ingredients

- Cold compresses, gel packs, frozen peas, or ice packs.
- A responsible adult to stay with you for 24 hours after anesthesia.
- Chilled saline compresses will be given day of surgery for blepharoplasty patients.
- Ted hose to be worn the day of surgery. The hose may be purchased at a local drug store.
- A positive attitude!



## Directions

Keep head elevated above the heart for two weeks.  
No facials or electrolysis for at least 6 weeks after surgery.

**Nasal surgery:** You may go home with a splint on top of your nose. You may also go home with packing in your nose and/or a drip pad under your nose to collect drainage. Follow specific instructions given in recovery regarding the packing and the splint care. The drip pad may be changed as often as needed. You may use hydrogen peroxide on a q-tip to gently clean around the nostrils. If you have sutures around this area, you will be given antibiotic ointment to apply 2 times a day after cleaning.

Pimple formation will cause your surgery to be postponed; clean your face 2 times a day prior to and after surgery.

If you have a nasal splint on the top of the nose, do not expose your face to steam (bath, spa, etc.), as it will cause the splint to shift or fall off.

**Facelift:** You will go home with a bulky dressing around your head and at least one drain. If you have had internal suturing during your endoscopic facelift, you will also have tape on the outer borders of your face. You may not chew for 2 weeks.

You should prepare before surgery for a nutritional liquid diet.

Your drains will be in for 2-5 days.

**Blepharoplasty:** You will have swelling around the eyes and some bruising. The cold saline compresses will be helpful to minimize this. You will apply antibiotic ointment to your incision two times a day starting evening of surgery.



## Recipe for today

1. Keep drain bulbs less than  $\frac{3}{4}$  full and depressed. Check that the tubing is not kinked and that it is secured out of the way and will not be caught or pulled accidentally!
2. If you were going to get sick from the anesthesia, it would have happened within the first 3-4 hours after surgery. If you are nauseous, it is usually because you have taken medicine on an empty stomach, or you are not drinking enough fluids and are becoming dehydrated. We encourage beverages with sugar and caffeine to help lessen nausea and vomiting.

3. It is important to get up and move around the house after surgery every 2-3 hours during the day to promote circulation.



## Recipe for tomorrow morning

1. Get up and eat breakfast. If you have an appointment (facelift), come into the office.
2. Expect to run out of energy about mid-day. Expect to feel tighter and more swollen by the end of the day. This is normal and temporary.
3. Do not expose the scars to the sun or tanning bed for at least 3 weeks after the surgery as severe burns can occur from minimal exposure. Scars must be covered when exposed to sun or tanning bed until all redness is gone from the incision. This will take up to 1 year. You may use tanning creams after the incision is healed.
4. After 48 hours you may have your hair shampooed at a salon or home, taking care to keep your head back and face up. If you have tape on your face into the hairline, you may have your hair shampooed at a salon with instructions **not to get the tape or incisions wet.**