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WWW.ADVANCED PLASTIC SURGERY.COM

FACIAL SURGERY
POSTOPERATIVE INSTRUCTIONS

Your first post-operative visit will be 3-5 days after surgery.

After a facelift or brow lift, you will leave the O.R. with a bulky head dressing. Depending upon your surgeon's preference, your surgeon will remove the dressing the next day or you will be instructed on how to remove it yourself and on washing your hair.

How to wash your hair: You may wash your hair the day after surgery. Any brand of shampoo that you usually use is fine. Work up a good lather and gently rub over the sutured area. You may add a small amount of hydrogen peroxide to your shampoo to dissolve any small blood clots. This will help remove any dried blood or drainage. Towel or blow dry your hair. You can use a hairdryer on a cool setting. **DO NOT** sit under a hot dryer.

General suture care: You may use a mixture of 1/2 hydrogen peroxide and 1/2 water with Q-tips or a face cloth to clean suture areas as needed.

Avoid ASPIRIN and IBUPROFEN products (Motrin, Aleve, and Advil) for two weeks after your operation as these increase bruising and swelling. Tylenol is fine.

We will have you take Vitamin C 2000 milligrams per day and Arnica Montana to help decrease the postoperative swelling and bruising. Take these as instructed following your surgery.

Diet: We recommend a soft, bland diet for 48 hours to avoid nausea. Liquids should be tolerated well prior to eating solid foods. Your pain medications should be taken with food (crackers, toast, and oatmeal) if possible to help avoid nausea also. Try to limit salty foods, and drink as much water as possible.

Activity: **No heavy lifting or vigorous exercise for 2 weeks.** You do not have to stay in bed. Light exercise such as short walks and cooking is fine. **DO NOT** drive if you are taking pain medications or if you have eye stitches in.

Sleep with your head elevated on 2-3 pillows the first 3-5 nights. Place a towel on the pillow to protect it from drainage.

If you smoke, please refrain for a minimum of 14 days before and one month afterwards. Smoking restricts the blood supply to the face and retards the healing process. Please refer to our **Smoking Policy**.

You can expect bruising and swelling. In general, you may wear some make-up 7-10 days after your surgery to conceal residual bruising. Ask your surgeon before wearing any make-up. Scarves and dark glasses are helpful in concealing sutures or bruising when in public. Approximately 85% of the bruising will be gone within 3 weeks, the remaining 10-15% of bruising may take up to 6 months to completely dissolve.

Check with your surgeon before you use any bleaches or chemical coloring on your hair. Usually hair treatments are permissible approximately 4 weeks after surgery.

**IF YOU HAVE QUESTIONS, PROBLEMS, OR AN EMERGENCY, PLEASE
CALL 410-427-5555**

Pain medications may cause constipation. You may take an over the counter stool softener, i.e. Metamucil, Surfak, Colace, or Docusate to avoid constipation. Take 1 stool softener a day as needed along with pain medication.

We recommend Florastor to be taken once a day as long as you are on Antibiotics; this is available over-the-counter.