

Advanced Plastic Surgery Center & Nouveau Cosmetic Center

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Facial Surgery Guidelines

Before Your Surgery:

- Do not take any aspirin, Advil or any medication containing aspirin for two weeks before and two weeks after your surgery. Drugs containing aspirin include: Anacin, Bufferin, Excedrin, Midol, Fiorinal, Percodan, Alka Seltzer and numerous others. Check with your pharmacist if you have questions about blood thinning medication.
- Bring a scarf and dark glasses with you to wear after your surgery for your ride home.
- Bring comfortable clothes and a button up top with you to the hospital.
- You must wash your face and do not apply any products (moisturizers, toner, etc.) to your face the day of your surgery.
- No smoking, alcohol, or Nicorette Gum for three weeks before and after surgery.
- Females: Stop birth control pills or estrogen replacement three weeks before surgery due to the increased risk of developing a blood clot post-surgery.

After Your Surgery:

- There will be a significant amount of swelling and bruising of the face and neck. The bruising usually lasts approximately 7 – 10 days and the swelling will gradually dissipate over the next couple of weeks.
- Oozing will occur from the incision sites which will gradually stop.
- Immediately after surgery, you will have an ace bandage and dressing wrapped around your head with your eyes and mouth showing. This dressing will be removed at your first post-operative visit in the office.
- Some patients require drains in the area of their incision. A nurse at the hospital will instruct you on the care of these drains prior to your discharge from the hospital. The drains will most likely be removed at your first post-operative visit in the office.

What To Do:

- Sleep on your back with head elevated on one or two pillows for ten days.
- Cold compresses for 20 minutes on and off to reduce swelling for the first 48 hours.
- You may shower and shampoo your hair when your drains are removed and/or after your first post-operative visit in the office.
- There will be numbness of the face, scalp, ears and/or neck for possibly several months or longer following the surgery.
- Makeup can be used 2 – 3 weeks after surgery if there are no open healing areas.
- You will wear a stretch support garment for a couple of weeks after surgery. The garment should be worn continually for the first two weeks. The garment should be worn as much as possible after that, even to bed at night.
- Medication will be prescribed for discomfort.
- The doctor will inform you after surgery when he would like to see you again for your first post-operative visit.

Sign: _____ Date: _____

Please review this information provided to help in the aid of prepping you pre & post operatively. The doctor and the doctor's assistant will be at your pre-op to answer any questions you have. At your pre-op the doctor's assistant will have a copy of this form for you to sign for our records.