

FACIAL SURGERY POST-OP INSTRUCTIONS

1. The dressing placed immediately after surgery will help reduce swelling and bruising. This will be removed the following morning. You may experience discomfort from the dressing. You may snip the edges of the dressing (not all the way through) by the Adam's apple, if the dressing is too tight.
2. You may want a diet of soft foods (i.e. oatmeal, soup, crackers). Your teeth will feel as if they do not mesh properly. This is due to swelling and the tightening of the tissue. This usually resolves 1-2 weeks after surgery.
3. Please sleep on your back and head elevated 35-45 degrees to keep your head above your heart for 1 week following surgery.
4. You may experience a band type feeling across the neck and under the cheek area. Again, this is due to the tightening of the tissue.
5. Bleeding through the bandage is normal. If it persists, apply pressure to the area for 20 minutes (this should stop the bleeding). If it does not subside, and the area increases in diameter on the bandage, contact the office.
6. The morning after surgery your incisions will be cleaned along with your hair. You may shower and wash your hair on this day, if you feel up to it. Refrain from medicated shampoos (Head & Shoulders). Use the fat pad part of your fingers to gently rub not your nails. Do not put your hair up in a towel, only towel dry. You need to wash your incision lines every day. It is best to keep them as clean as you can. Your hair will get greasy from the aquaphor, you will want to use a dish soap to help get the grease out.
7. A bandage will be given to you that is not like the previous bandage. Please wear it at all times for the first week (it can be removed for showering, or if you need a small break). **It is very important that you wear it when sleeping and changing clothing, as it is very easy to tear the sutures on your ear lobes.** Contact the office if this happens.
8. Aquaphor will be given to you. Please apply a small amount in front of the ears 3-4 times a day after cleaning your incisional lines. This will help keep sutures moist and help in dissolving the sutures.
9. Avoid turning your head, heavy lifting, or bending for 2 weeks. Dr. Churchill will determine when you can resume normal activities or exercise such as low impact aerobics. Usually this falls between 4-6 weeks post-surgery. Light walking is ok during this time.

10. Eyeglasses may be worn 1 day post-surgery. Refrain from resting glasses on ears on incision area.
11. During the first 24-36 hours after your head wrap is removed you can use cold compresses (frozen peas work well). Place a towel between the surface of the skin and the cold compress. Your face will be numb, so be careful not to put the ice directly on the skin. After 36 hours switch to warm **moist** compresses. **DO NOT USE A HEATING PAD.** This will help with bruising.
12. It is normal to have swelling more on one side of the face – usually the right side (this side is sitting longer without the pressure dressing at the time of surgery). You may have a triangle shape to your face for 1-2 weeks – this is from swelling.
13. Numbness is normal, especially in front of the ear and the ear itself. Numbness will improve over 1-2 months. In 1-4 weeks swelling dissipates. Residual swelling or feeling or hardness may occur, but this will resolve in time. This is a natural consequence of healing.
14. Refrain from smoking – it will interfere with and possibly prolong the healing. It may cause the tissue not to heal properly.

If you have any questions please contact our office at 847-304-1000.

We are here Monday – Thursday from 8:00am to 4:00pm, and Friday from 8:00am to 11:00am.

If you call after hours, the answering service will page our Nurse Maureen.