

PRE & POST OPERATIVE INSTRUCTIONS FOR FACE AND NECK SURGERY

Head Position: Try to maintain head elevation at an angle of 15 to 30 degrees (using two pillows) whenever lying down for the first 3-5 days following your procedure or per Dr. Sadati's instructions. The use of a recliner chair for sleeping is ideal for the first three nights. To keep swelling down, you need to maintain your head above your chest level and be sure to wear your head garment that we provide for you the day after your surgery.

Dressing: After your procedure, **do not** remove your wrap. The wrap will be removed at the office the day after your surgery and rewrapped with your own head garment. The head garment is a compression garment that should be worn day and night for the first 3 days, after which, at night for a few nights or per Dr. Sadati's instructions. If you go out during the day, it's okay to remove it, but be sure to put it back on. It's best to keep it on while you are sleeping.

Ice: To limit the swelling and bruising, place ice packs over your facial area for the **first 72 hours**. **You will not be icing the first night**. While you are awake, place the ice packs on for only 15 minutes per area on your neck and ears, then ice again every 2 hours. Keep up the icing regimen for no more than 72 hours.

Medication: Take all prescribed medications as directed. Narcotic pain medications should be taken if absolutely needed, and should be taken with a light meal. **Tylenol is okay to take right after surgery**, but please do not take any Advil, Motrin or Aspirin products until after the first week. A week after surgery and suture removal, you may take Advil for pain which will also help in reducing any swelling.

Caffeine and Alcohol: No caffeine on day of your procedure and limit alcohol (see list)

Bathing: It's permissible to wash your hair (gently) in the shower the day after your procedure.

Smoking: Smoking will delay your ability to heal. You should not smoke 3 weeks before and 3 weeks after your surgery, as it will hinder your circulation and wound healing abilities. **Nicotine patches are OK to use** up to two days before surgery.

Eye Wear: Contacts may be worn after the second day, except when eyelid surgery is performed. Eyeglasses can be worn after talking to the doctor. Please note, that the glasses' handle **must not rub the wound area**.

Sun: Always protect your facial skin and suture lines from excessive sun exposure for at least one month after surgery. Use Sun Protection Factor (SPF) 30 or greater. Wear a hat as needed for additional protection.

Bleeding: A small amount of oozing from your incision is normal within the first 48 hours. Excessive bleeding or swelling must be reported to us immediately.

Activity/Work: Light activity is encouraged (walking) starting the second day. Avoid bending over or lifting heavy objects for two weeks. Strenuous activities should be avoided for the first 3 weeks. If you are unsure of what you may or may not do, please call our office.

If you are experiencing any of the symptoms below, please call our office: Excessive pain or bleeding/Rash/Fever above 100 degrees/Excessive swelling/bruising/fatigue or depression. **Please call our office at 949-706-7776 if you need to speak to us during business hours. If it is after business hours, please call Dr. Sadati at (949) 200-3808. Thank you.**