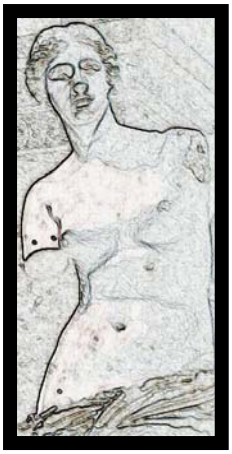

Aesthetic Surgical Associates

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POSTOPERATIVE CARE OF ABDOMINOPLASTY

NORMAL SYMPTOMS

- Swelling and bruising are normal and can last for several weeks or longer. It can also occur and subside asymmetrically. The final result in not seen for at least three to six (3-6) months following surgery.
- The skin sensation of the abdomen and surrounding areas may be altered. The area may feel numb; there may be tingling sensations; or it may be hypersensitive. This normally subsides within three to six (3-6) months, but may last longer.
- You may have a drain inserted immediately following surgery. If a drain has been inserted, you and your caretaker will receive instruction following surgery. In most cases, the drain is removed on postoperative day six (6). Drains are used to manage post-operative fluid retention.
- You may feel irregularities under the skin. This includes a "healing ridge" or raised area directly under the incision line. This is normal and your doctor will instruct you on massage of these areas at the appropriate time.
- The scar may be quite apparent immediately following surgery. It takes scars up to one year or longer to mature. Again, your doctor may instruct you to begin massage when the initial healing is complete.

DO: Rest and sleep in a reclining position with head and shoulders elevated on two to three (2-3) pillows. Rest legs on pillows to help decrease discomfort and reduce swelling. Do not stand up straight until told otherwise by the doctor. This may take a while. Stand slightly bent forward.

DO: Eat foods that are easily digested for the first two days after surgery, such as soup, toast, Jell-O, etc.

DO: Drink plenty of liquids and stay well hydrated after surgery. We recommend Gatorade® and non-acidic juices.

DO: Wear compression garment at all times. Do not remove for the first twenty four (24) hours after your procedure. You can shower on the next day after the procedure, once you have followed up in our office. Be sure to remove the garment while you are in the shower. No baths during the first six (6) weeks after surgery. Shower normally each day after that.

DO: Walk periodically the first night after surgery and you should go to the restroom freely.

DO: Take all medications as prescribed.

DO: Return for your check-up before day two (2) and seven (7) after your procedure, as the schedule permits.

DO: Empty out JP drains as needed and chart output.

DO: Perform deep breathing exercises every two (2) hours while awake.

DO: Obtain a stool softener (Colace, Dulcolax, etc.) because narcotics may cause constipation.

DO: Purchase four (4) large bags of frozen peas/corn to use postoperatively to help with swelling and discomfort.

****

DO <u>NOT</u>: Be alone for the fist night after surgery. Have a responsible adult with you at all times the very first day.

DO NOT: **A**pply heat to the area

DO <u>NOT</u>: Drive until after one (1) week after the procedure or while taking prescription pain medication.

DO <u>NOT</u>: Engage in sexual activity until three (3) weeks after the procedure.

DO <u>NOT</u>: Perform heavy exercise or lifting for six (6) weeks.

DO <u>NOT</u>: Sign any legal documents or operate any heavy machinery for the first week.

DO <u>NOT</u>: Use any alcoholic beverages while on prescribed medications.

WEEK 2 TO 6

DO: Return to normal activity over the next two to six (2-6) weeks. Most patients can return to mild to moderate exercise during this time.

DO: Wear your garment for a total of six (6) weeks. Some patients we recommend a total of twelve (12) weeks, depending on the goals of the procedure.

DO: Wear tight exercise clothes for heavy exercise.

****

DO <u>NOT</u>: Perform heavy exercise or heavy lifting until after six (6) weeks from the time of the surgical procedure.

FINALLY, NOTIFY US IF YOU HAVE ANY CONCERNS.

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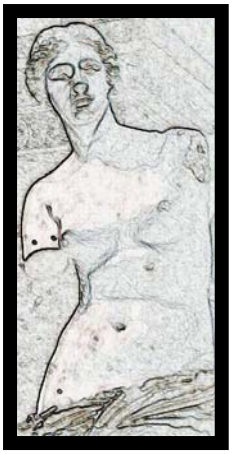

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POSTOPERATIVE CARE OF BREAST AUGMENTATION

NORMAL SYMPTOMS

Remember it is normal to experience soreness, bruising, swelling, tightness and some degree of discomfort for the first few days following surgery. These conditions will lessen each day. You may also experience change in skin and nipple sensation following surgery. In most cases this improves in a few weeks after surgery, but may take longer. In some cases, change in sensation is permanent. Your breasts will continue to soften for three to six (3-6) months after surgery.

DO: Sleep on your back with your head elevated on two to three (2-3) pillows for several weeks after surgery. This will help to reduce your swelling.

DO: Bathe for the first twenty four (24) hours following your surgery. You can shower on the next day after the procedure, once you have followed up in our office. Be sure to remove the bra and breast band while you are in the shower. No baths during the first six (6) weeks after surgery.

DO: Keep your incisions dry.

DO: Take all medications as prescribed.

DO: Wear the bra and breast band that is placed on you following surgery, until your physician advises you otherwise. This is usually about two (2) weeks. After that time you must wear a sports bra (no under wire), for as long as your physician tells you. This is usually about four (4) weeks.

DO: Purchase four (4) large bags of frozen peas/corn to use postoperatively to help with swelling and discomfort.

DO: Massage your breasts daily, once you have been directed to do so by your physician.

****

DO <u>NOT</u>: Exercise, vacuum, or do any heavy lifting until your doctor gives you permission. Let the degree of discomfort be your guide. Jogging, aerobics, sleeping on your chest, swimming and other such activities should be avoided until your doctor gives you permission (usually 6 weeks).

DO <u>NOT</u>: Engage in sexual in sexual activity until three (3) weeks after the procedure.

DO <u>NOT</u>: Lift arms above shoulder height. You will need someone to assist you in washing your hair, reaching objects above your head, etc.

DO <u>NOT</u>: Drive for at least one (1) week after your surgery. Someone should drive you to your first postoperative appointment. You can drive when you are no longer taking prescription pain medication and your doctor gives you permission.

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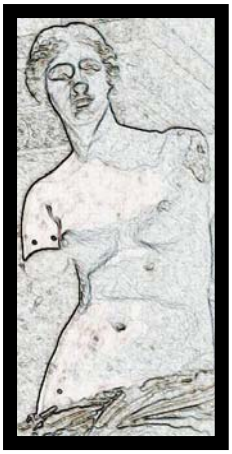

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POSTOPERATIVE CARE OF BLEPHAROPLASTY

DO: Clean suture line with hydrogen peroxide and Q-tip six (6) times daily.

DO: Apply Erythromycin Ophthalmic Ointment to each incision four (4) times daily.

DO: Report any pain or change in vision to the clinic immediately.

DO: Wear glasses, if necessary, being sure that they do not pull on the incision line.

DO: Continue applying cold compresses over the eyelids for two (2) days.

DO: Sleep with head elevated thirty (30) to forty (40) degrees.

DO: Wash hair following surgery, if desired.

****

DO NOT: Apply make-up (mascara, eyeliner, or eye shadow) for the first ten (10) days after surgery.

DO NOT: Wear contact lenses for ten (10) days.

DO NOT: Pluck eyebrows for two (2) weeks.

DO NOT: Engage in sexual activity until three (3) weeks after the procedure.

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POSTOPERATIVE CARE OF DIRECT BROW LIFT

DO: Clean suture lines with hydrogen peroxide and Q-tip six (6) times daily.

DO: Apply a special ointment to suture lines following cleaning six (6) times daily.

DO: Sleep with head elevated 30 to 40 degrees for two (2) weeks.

DO: Wash hair following surgery, if desired. A gentle shampoo is recommended, i.e. Johnson's Baby Shampoo.

****

DO NOT: Apply makeup for one (1) week following surgery.

DO NOT: Pluck your eyebrows for two (2) weeks.

DO NOT: Engage in sexual activity until three (3) weeks after the procedure.

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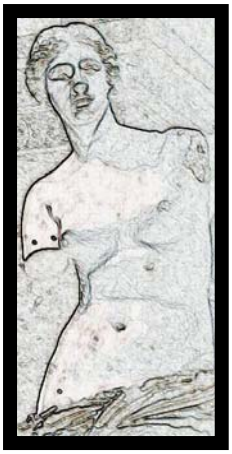

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POSTOPERATIVE CARE OF CHIN AUGMENTATION

DO: Rinse mouth with Peridex solution in the morning, after meals and at bedtime.

DO: Eat soft foods.

DO: Take all medications as prescribed.

****

DO NOT: Manipulate sutures or pull the lower lip forward, as it may interfere with healing.

DO NOT: Eat foods such as nuts, popcorn, grits, chips, etc. that may leave debris in the lower lip crease, as it may irritate the healing suture line.

DO NOT: Force the tongue down into the crease to feel the sutures or attempt to clean the debris. This maneuver too, may interfere with healing.

DO NOT: Brush teeth. However, you should use a wash cloth on upper teeth and mouth wash on lower teeth as needed.

DO NOT: Engage in sexual activity until three (3) weeks after the procedure.

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POSTOPERATIVE CARE OF FACELIFT

WEEK ONE: (Start the day after surgery)

DO: Clean suture lines located around the front and back of the ear with hydrogen peroxide and Q-tip six (6) times daily.

DO: Apply an antibiotic ointment (Erythomycin, Bacitracin, etc.) to suture lines following cleaning six (6) times daily.

DO: Clean around staples located in the hair-bearing incisions with witch hazel and Q-tip six (6) times daily.

DO: Shower on the first postoperative day (once). Allow warm water, without soap or shampoo to run through the hair. Some hair will be knotted in the rinse at this time.

DO: Shower twice daily starting the second postoperative day. Clean the scalp with a gentle shampoo (Johnson's® Baby Shampoo) only. Continue with twice daily showers for one week.

DO: Elevate the head 30 to 40 degrees for two weeks to help minimize swelling.

DO: Apply facial cold compress several times daily for the first week to reduce swelling and discomfort.

DO: Wash face with lukewarm water only.

DO: Wear eyeglasses if necessary. Be careful with behind the ear placement.

DO: Wear contacts, if necessary, unless eyelid surgery was performed, then wait ten (10) days.

DO: Wear a wig, if desired, as long as it doesn't irritate the staples or sutures.

****

DO <u>NOT</u>: Apply ointment to the stapled incision lines.

DO <u>NOT</u>: Pull ear forward while cleaning behind ear.

DO NOT: Use any hair sprays or conditioners for the first two (2) weeks. No hair permanents for six (6) weeks.

DO NOT: Apply make-up to the face for the first week.

DO NOT: Use a curling iron for 4 weeks.

DO NOT: Shave for one (1) week. (Men)

DO NOT: Engage in sexual activity until three (3) weeks after the procedure.

WEEK 2

DO: Wash hair at salon if desired. Hand dry on low setting only.

DO: Wash face with Cetaphil soap or lotion once daily balls of fingers.

DO: Continue cleaning, as described, if crusts along incisions are still present.

DO: Start applying water base make-up to face except areas of continued crusting.

DO: Shave with electric razor only, except directly over crusted areas. (Men)

WEEK 3

DO: Use a vegetable color rinse (Roux) in hair if desired.

DO: Use 15-SPF sunscreen over healed incisions if sun exposure is expected**.**

WEEK 5

DO: Use oil-based make up if desired.

DO: Resume regular physical activity.

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POSTOPERATIVE CARE OF FILLERS

- After your treatment, you might have some redness and swelling. (This is normal!) This will normally last less than seven days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact our office.

- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed.

- Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears.

- If you have had previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Please notify our office so that we can determine if you need pretreatment with medication.

- Avoid exercise and alcohol for six hours after treatment.

- Return to our office for a follow-up treatment before the product has fully dissipated. This will help maintain the refreshed appearance.

Please observe the following: one week prior to your treatment, avoid taking St. John's Wort, high doses of Vitamin E supplements, aspirin, and other non-steroidal anti-inflammatory medications, such as ibuprofen. These agents may increase bruising and bleeding at the injection site.

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POSTOPERATIVE CARE OF LIP ENHANCEMENT AND/OR AUGMENTATION

DO: Clean suture lines with hydrogen peroxide and Q-tip six (6) times daily.

DO: Apply an antibiotic ointment (Neosporin, Bacitracin, etc.) to suture lines following cleaning six (6) times daily.

DO: Avoid excessive smiling or manipulations of lips (like drinking through straw).

DO: Take all medications as prescribed.

****

DO NOT: Apply makeup for one (1) week.

DO NOT: Eat or drink hot or cold substances. All foods and beverages must be tepid.

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POSTOPERATIVE CARE OF LIPOSUCTION

NORMAL SYMPTOMS

- Swelling and bruising are normal and can last for several weeks or longer. It can also occur and subside asymmetrically. The final result in not seen for at least three to six (3–6) months following surgery.
- The skin sensation of the abdomen and surrounding areas may be altered. The area may feel numb; there may be tingling sensations; or it may be hypersensitive. This normally subsides within three to six months, but may last longer.
- You may have a drain inserted immediately following surgery. If a drain has been inserted, you and your caretaker will receive instruction following surgery. In most cases, the drain is removed on your first post-operative visit. Drains are used to manage post-operative fluid retention.
- You may feel irregularities under the skin. This includes a "healing ridge" or raised area directly under the incision line. This is normal and your doctor will instruct you on massage of these areas at the appropriate time.
- The scar may be quite apparent immediately following surgery. It takes scars up to one year or longer to mature. Again, your doctor may instruct you to begin massage when the initial healing is complete.

DO: Rest and sleep in a reclining position with head and shoulders elevated on two to three (2-3) pillows. Rest legs on pillows to help decrease discomfort and reduce swelling. Do not stand up straight until told otherwise by the doctor. This may take a while. Stand slightly bent forward.

DO: Eat foods that are easily digested for the first two (2) days after surgery, such as soup, toast, Jell-O, etc.

DO: Drink plenty of liquids and stay well hydrated after surgery. We recommend Gatorade and non-acidic juices.

DO: Wear compression garment at all times. Do not remove for the first twenty four (24) hours after your procedure. You can shower on the next day after the procedure, once you have followed up in our office. Be sure to remove the garment while you are in the shower. No baths during the first six (6) weeks after surgery. Shower normally everyday after that.

DO: Walk periodically the first night after surgery and you should go to the restroom freely.

DO: Take all medications as prescribed.

DO: Return for your check-ups. Keep all scheduled appointments.

DO: Return to normal activity over the next two to six (2–6) weeks. Most patients can return to moderate exercise during this time.

DO: Wear your garment for a total of six (6) weeks. Some patients, we recommend a total of twelve (12) weeks, depending on the goals of the procedure.

DO: Wear tight exercise clothes for heavy exercise.

****

DO <u>NOT</u>: Be alone for the first night after surgery. Have a responsible adult with you at all times for the first twenty four (24) hours.

DO <u>NOT</u>: Drive until after one (1) week after the procedure.

DO <u>NOT</u>: Engage in sexual activity until three (3) weeks after the procedure.

DO <u>NOT</u>: Apply heat to the area.

DO <u>NOT</u>: Perform heavy exercise until after six (6) weeks from the time of the surgical procedure.

DO <u>NOT</u>: Take medication (i.e. fluid pills) to help reduce swelling.

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POSTOPERATIVE CARE OF MALE BREAST AUGMENTATION

NORMAL SYPTOMS

- It is normal after surgery to feel dizzy and quite sleepy. Go directly home and go to bed. It is important that you have someone remain with you following surgery for at least the first twenty four (24) hours.

DO: Take all medications as prescribed.

DO: Call your physician if you experience constant severe or sharp pain, which is not relieved by your pain medication. If you run a fever of 101º or above, call your doctor. If your breasts feel firm or hard and are extremely painful when you touch them, call your doctor.

DO: Follow any instructions that you may have received from your doctor

DO: Do drink plenty of liquids. You may eat if you wish to do so, we suggest that for your first meal you try soup and crackers or scrambled eggs and toast, and if you tolerate this, you can then move on to something tastier. Avoid foods that are rich and greasy at this time.

DO: Purchase four (4) large bags of frozen peas/corn to use postoperatively to help with swelling and discomfort.

DO: Wear compression garment at all times. Your garment should be worn for at least six (6) weeks following surgery, or longer if advised so by your physician. Wash and dry the vest while showering. Dry the vest on low heat in a dryer or dry with a blow dryer.

****

DO <u>NOT</u>: Remove your garment for the first twenty four (24) hours after your procedure. You can shower on the next day after the procedure, once you have followed up in our office. Be sure to remove the garment while you are in the shower. No baths during the first six (6) weeks after surgery.

DO <u>NOT</u>: Lift any items that weigh over fifteen (15) pounds for three (3) weeks following your surgery.

DO <u>NOT</u>: Exercise, vacuum, or do any heavy lifting until your doctor gives you permission. Let the degree of discomfort be your guide. Jogging, aerobics, sleeping on your chest, swimming and other such activities should be avoided until your doctor gives you permission (usually 6 weeks).

DO <u>NOT</u>: Remove tape from your incision. All sutures are usually removed at your one (1) week post operative visit.

DO <u>NOT</u>: Drive a vehicle for one (1) week following your surgery. Avoid any alcohol for two (2) weeks. Avoid any aspirin or aspirin derivatives for at least two (2) weeks following your surgery.

DO <u>NOT</u>: Engage in sexual activity for three (3) weeks after the procedure.

Remember to follow all instructions; your recovery depends on you and your ability to follow instructions. Get plenty of rest and eat a well balanced diet. You may wear a white T-shirt under the garment if it is irritating the skin.

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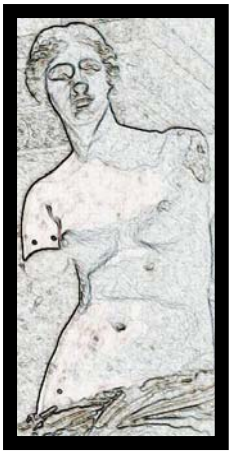

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POST OPERATIVE INSTRUCTIONS FOR OTOPLASTY

DO: Clean suture lines with hydrogen peroxide and a Q-tip six (6) times daily.

DO: Apply an antibiotic ointment (Neosporin, Bacitracin, etc.) to suture lines following cleaning six (6) times daily.

DO: Wear a stocking cap or headband pulled over your ears while you are sleeping for two (2) weeks.

DO: Wash hair as discussed with baby shampoo for one (1) week.

DO: Notify us of any excessive swelling, redness, or discomfort.

****

DO <u>NOT</u>: Pull ears forward under any circumstances.

DO <u>NOT</u>: Wear earrings for two (2) weeks.

DO <u>NOT</u>: Sleep on your ears for three (3) weeks.

DO <u>NOT</u>: Engage in sexual activity for three (3) weeks after the procedure.

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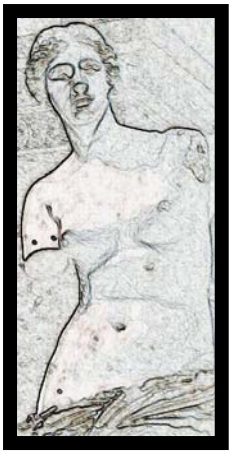

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POST OPERATIVE CARE OF CHEMICAL PEELS, DERMABRASIONS AND LASERBRASIONS

WEEK 1 (Beginning the day after surgery)

DO: Spray plain, lukewarm water gently four (4) times daily on treated areas while using fingertips to pat skin (showering is preferable). This should be done five to ten (5-10) minutes each time, depending on size of areas involved.

DO: Pat skin dry with clean, plain washcloth (double rinsed and with no fabric softener or bleach), for the first six (6) days.

DO: Apply Eucerin *R* (regular) cream (not lotion) to skin with fingers after each washing four (4) times daily. Apply only to treated areas.

DO: Use a gentle massaging motion when applying Eucerin *R* cream to keep your new skin and any crusting soft.

DO: Use a clean, plain washcloth to blot or soak-up excess cream form skin before each cleansing with water.

DO: Pat skin dry with a clean, plain washcloth after each washing and re-apply Eucerin *R* cream.

****

DO <u>NOT</u>: Touch or rub your new skin with fingers between treatments.

DO <u>NOT</u>: Use heavy application of cream.

DO <u>NOT</u>: Rub or wipe skin with Kleenex or facial tissue at any time.

DO <u>NOT</u>: Use cotton balls or Q-tips on the treated areas.

DO <u>NOT</u>: Pick at crusts.

DO <u>NOT</u>: Lie flat. Sleep sitting up for two (2) weeks.

DO <u>NOT</u>: Engage in sexual activity for three (3) weeks after the procedure.

WEEK 2

DO: Continue cleansing as in week one if crusts are still present and if you are directed to do so

DO: Keep treated areas moisturized with a light coat of Eucerin *R* cream **at all times**.

DO: Keep hair spray, colognes, perfumes, or any other substance with a fragrance away from the treated areas at all times.

WEEK 3

DO: Use water-based hypo-allergenic make-up if skin is smooth and free of crusts.

DO: Remove make-up in shower with water only.

DO: Use Eucerin *R* cream only if you need a moisturizer for your face. Use Eucerin *R* cream only as a hand lotion or moisturizer if you feel you need one.

WEEK 4

DO: Use Neutrogena soap (Original Formula) to gently cleanse skin.

DO: Rinse thoroughly to remove soap film.

****

DO NOT: Use any other soap, moisturizers, cleansing creams, astringents, Retin-A, glycolic products, etc. on face until you have been instructed to do so.

WEEK 5

DO: If the skin is not red or excessively pink, use oil-based (or water-based) make-up; but, test a small area first for twenty four (24) hours before using oil-based make-up.

DO: Use an SPF 15 sunscreen to protect face against sun exposure.

DO: Test a small area before using sunscreen on the entire area treated.

DO: Resume reasonable physical activities.

****

DO NOT: Use sunscreen greater than SPF 15 for 2 months.

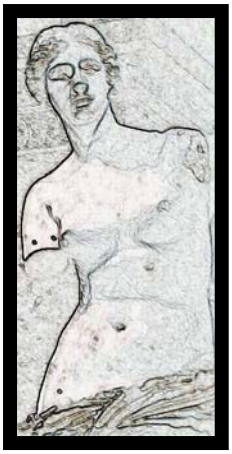
DO NOT: Use sunscreen if irritation occurs.

DO NOT: Use Retin-A, AHA, glycolic acid, or "peel" products anywhere on face or body until cleared by your physician.

Please notify our clinic if any rash or fever blister-like areas should appear.

Finally, remember that your new skin is as sensitive and delicate as a new-born baby's…so…use good judgment, as healing progresses, your new skin will become more resilient, but this may take three to six (3 - 6) months. Most people agree that the final results are worth the inconvenience.

FINALLY, NOTIFY US IF YOU HAVE ANY CONCERNS.
AESTHETIC SURGICAL ASSOCIATES
504.309.7061



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POSTOPERATIVE CARE OF RHINOPLASTY

DO: Keep splint as dry as possible. Notify the clinic if dressing comes off.

DO: Sleep on your back with head of bed elevated 30 to 45 degrees for the first two (2) weeks. Sleeping alone is recommended for the first two (2) weeks.

DO: Continue cold compresses as much as possible for three (3) days following surgery, during daylight hours. Only during the first postoperative night should they be continued day and night.

DO: Take nasal decongestant if you have a cold. We recommend ***Sudafed***. This may decrease drainage; however it will not improve stuffiness due to swelling for seven (7) to ten (10) days. Decongestants may cause drowsiness, take only when needed.

DO: Maintain sitting and/or standing as much as possible to reduce swelling. Remember to rest when tired.

DO: Clean outside incisions if they were required for surgery, with peroxide on a Q-tip and apply antibiotic ointment (Erythromycin, Bacitracin, etc.) six (6) times a day.

DO: Wear mustache dressing as much as needed to catch any drainage.

DO: Apply lipstick with lip brush only.

DO: Brush upper teeth with finger and washcloth for the first two (2) weeks.

DO: Open mouth if sneezing.

****

DO <u>NOT</u>: Bend over to lift heavy objects for six (6) weeks.

DO <u>NOT</u>: Bump or hit nose.

DO <u>NOT</u>: Tweeze brows for one (1) week.

DO <u>NOT</u>: Use salon hair dryer for one (1) week. Use handheld hair dryer.

DO NOT: Sniff or breathe forcefully through nose.

DO NOT: Put anything in your nose, unless specifically directed to do so by physician.

DO NOT: Wipe nose with Kleenex or handkerchief. Use the drip pad.

DO NOT: Blow nose for two (2) weeks. At that time, only blow both sides at the same time for the next four (4) weeks.

DO NOT: Grin or smile excessively.

DO NOT: Eat hard and/ or chewy foods for two (2) weeks. This includes gum, candy, etc.

DO NOT: Engage in strenuous exercise for six (6) weeks.

DO NOT: Dive or ski for three (3) months. No contact sports for six (6) months.

DO NOT: Use nose sprays unless nose bleed occurs.

DO NOT: Force the tongue up into the crease of the lip.

DO NOT: Engage in sexual activity for three (3) weeks after the procedure.

FINALLY, NOTIFY US IF YOU HAVE ANY CONCERNS.
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POST OPERATIVE INSTRUCTIONS FOR SCAR REVISION AND SKIN SURGERY

If a tape dressing is placed over the suture line to help protect it, do not disturb the tapes and try not to get them wet. They will be removed during your "one week" post operative visit.

When no tape has been placed over the suture line, we recommend you follow this routine. Six (6) times daily you should:

- SATURATE a Q-tip with full strength hydrogen peroxide from the drug store and gently bathe the suture line. Always stroke along (parallel) to suture line – never across (perpendicular).
- FOLLOWING each peroxide treatment apply a thin layer of antibiotic ointment (Erythromycin, Bacitracin, etc.) to the suture line.

Remember this ritual should be repeated at least six (6) times daily until the sutures have been removed or until we instruct you to discontinue it. We will usually recommend you continue this treatment program for as long as there is any crusting along the suture line.

Notify us if you suspect any problems (infection, undue swelling or redness, if the sutures come out prematurely), or if you are unsure about the instructions you are to follow.

FINALLY, NOTIFY US IF YOU HAVE ANY CONCERNS.
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