

KAROL A. GUTOWSKI, MD, FACS

ANDREA MARTIN, MD

AESTHETIC SURGERY

CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY

MEMBER AMERICAN SOCIETY OF PLASTIC SURGEONS

AFTER CARE INSTRUCTIONS for FACIAL IMPLANTS

MEDICATIONS

- You may be prescribed narcotic pain medication, which you should take as directed and as needed for pain. Do not exceed the prescribed amount, unless instructed by your surgeon.
- Wean yourself off narcotic medication as soon as you are able.
- Take over-the-counter Tylenol (acetaminophen) on a scheduled basis (Ex.: 650mg every 4 hours, or 1000mg every 6 hours) starting on your day of surgery. *If you have liver problems, do not take acetaminophen, unless you have discussed this with your doctor.*
- **DO NOT TAKE MORE THAN 4000 mg of acetaminophen per day.**
- Your narcotic medication may also contain acetaminophen, so you need to be aware of your total dose from all medications you are using.
- Ibuprofen (i.e.. Advil, Motrin) or naproxen (Aleve) may be started the same day as your surgery and may be used together with your narcotic pain medications and/or with acetaminophen. *However, do not use ibuprofen or naproxen if you have had problems with stomach ulcers, kidney problems or if you have been told by a doctor not to use nonsteroidal anti-inflammatory drugs (NSAIDs).*
- Wean yourself off acetaminophen and/or ibuprofen/naproxen as soon as you are able.
- Purchase an over-the-counter stool softener (Metamucil, Colace) while taking narcotic pain medication. This helps avoid constipation.
- You may resume taking your routine medications, unless your physician instructs you differently.
- **You be prescribed Peridex mouth rinse. Use every 4 hours while awake and after every meal for 5 days.**

DIET

- A light diet is best for the first 2 days after surgery. **Avoid food that requires excessive chewing or biting** (apples, corn on the cob), **or is crunchy** (potato chips, popcorn) **for 5 days.**
- Rinse your mouth with water after every meal and snack, then rinse with **Peridex** for 5 days.

ACTIVITY

- **IMPORTANT:** To decrease the risk of blood clots after surgery, you should walk regularly, and flex your calf muscles. Except during your normal sleeping time, get up and walk around for at least 5 minutes every hour.
- **Minimize facial movements (smiling, yawning, chewing, talking) for 2 weeks after surgery.**
- **Use extreme care when brushing teeth around the incision.** Use a soft-bristled tooth brush, and very gentle brush strokes and stay away from the incisions.
- You may apply cool packs to the skin over the implants for the few days after surgery, only if you can feel the cool pack.
If the skin is numb, do not use any cool packs or ice.
- **SHOWER:** You may shower or bathe 1 day after surgery. DO NOT swim, or use a whirlpool for 3 weeks or if there are any openings in the incision.
- **SLEEPING:** For the 3 days, sleep with your head & shoulders slightly elevated on at least 2 pillows to decrease swelling.
- **Avoid bending over for the first 1-2 weeks after surgery.**
- Do **NOT** push, pull, or lift anything heavier than 20 pounds (the weight of a ~2 gallons of milk) for 1-2 weeks.
- Do **NOT** do any strenuous activity or exercise (running, weightlifting, aerobics) for 4 weeks. After your start exercising, go slowly over 1 to 2 weeks until you are comfortable with the exercises.
- Do **NOT** engage in any sexual activity for at least 2 weeks; resume when completely comfortable, and avoid trauma to the implant.
- Do **NOT** drive or handle heavy machinery while taking narcotic pain medication or muscle relaxant medications.
- Cosmetics may be worn as early as 3 days after surgery, being gentle when applying over the implant.

INCISION MANAGEMENT

- For skin incisions, if there is a strip of paper tape (Steri-Strip), leave it on until you're your follow up visit. For incision inside the mouth, use the **Peridex** oral rinse as described above.

WHAT ELSE TO EXPECT

- You can expect some minor bleeding from the incisions and some swelling. If the swelling on one side is **definitely** more pronounced than on the other side, if you have a continuous bloody drip or if you are experiencing pain which is not relieved by pain medication, call your surgeon immediately.
- Some pain and discomfort for 3 - 4 weeks, although it should gradually get better after the first 2 - 3 days.
- If there are any sutures inside your mouth, they will dissolve in 2 - 3 weeks.
- Expect some numbness at the surgical site, it will improve in a few days to weeks.

WHEN TO CALL YOUR SURGEON:

- Fever over 101.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision or drains.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- **CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room**