



Cosmetic Facial Surgery Instructions

Skin Care

- Do NOT get water on your incisions until all tape is removed.
- Use Aquaphor or Vaseline to avoid dry, cracked lips.
- Keep your skin clean by using only soap and water to wash face. **Do not use alcohol or peroxide to clean skin.**
- Apply topical antibiotics to any wounds (Neosporin or Bacitracin). Right over any tape.
- Do not smoke! Smoking dries and irritates oral mucosa.
- Avoid alcohol which can cause nausea and dehydration.
- Do not use makeup on skin incisions as it will cause prolonged redness.

Diet

You can reduce the risk of dehydration and keep secretions thin by drinking at least ten 8 oz glasses of fluids a day.

- Drink a minimum of 8 glasses of water a day.
- Eat a high protein, high calorie blended soft or liquid diet. Calorie and protein supplements are OK. Drink Ensure, Carnation, or Boost. Add protein powders. Protein powder can be purchased at GNC and most supermarkets. Increased protein intake after surgery is vital for maintaining the body's protective systems and for building healthy new tissue.
- Eat soft foods. Mashed potatoes, blended soups, soft vegetables, pasta etc.
- Eat a lot of snacks. Juices, smoothies, puddings, yogurt, etc.

Activity

Do not participate in sports or strenuous activities or return to strenuous work until permitted by your surgeon. Usually only after 2 weeks.

- Pain medications may cause alterations of visual perception--(Blurred Vision) and impair judgment. Do not drive a car on pain medications.
- A side effect of pain medication is constipation. This can be alleviated by not staying in bed, drinking lots of fluids, moving around, and taking stool softeners if needed.

Numbness

Numbness in the skin is common after liposuction, facelifts, and other skin procedures. Numbness takes months to improve.

- Avoid excessive hot, cold or sharp items to prevent injury to the area.

Liposuction and Facelift Surgery

- You must wear an elastic facial dressing for 1 week fulltime.
- You may remove it to shower and wash your face or neck.
- Do not remove any tape or wound dressings unless instructed to do so.

Swelling

You may have facial swelling which will gradually subside.

- Sleep with head elevated on two pillows.
- Use ice packs on your face 20 minutes on and 20 minutes off for 1st day immediately following surgery to help decrease swelling.

If you have any questions or concerns after hours please call our office at 210-444-9312 and follow the instructions.

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