

# CAREOS

## Discharge Instructions Facial Implants

DATE \_\_\_\_\_

- Dr. Sean Blaydon  Dr. Tanuj Nakra  Dr. Vikram Durairaj  Dr. Emily Bratton  Dr. Marie Somogyi  
 Dr. Brett Davies  Dr. Aliza Epstein  Dr. Donovan Reed

**CALL IMMEDIATELY FOR THESE PROBLEMS:** Office (512) 458-2141 M-F 7:30 am-5 pm  
After hours & weekends (512) 533-7355

- Pain not controlled by medication.
- Fever over 101 degrees with increasing pain, redness, swelling, and drainage from wound.
- If you notice rapid swelling or rapidly worsening redness at the implant site.

### DRESSING

- Keep the dressing dry and leave dressing in place until seen by your surgeon in follow-up.

### COLD COMPRESSES

- Apply cold to affected areas of your face for \_\_\_\_\_ days after surgery about 20 minutes of each hour till bedtime to reduce swelling. You may use crushed ice or frozen peas in a clean Ziploc sandwich/quart bag wrapped in a dry cloth.

### MEDICATION

- Continue your regular medications unless otherwise instructed by physician.  
 Apply a small amount of \_\_\_\_\_ ointment to the stitches \_\_\_\_\_ times a day for \_\_\_\_\_ days.  
 Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.  
 ***You were given pain medication in the surgery center. Next dose of pain medication at \_\_\_\_\_.***  
 **DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, Celebrex, Vitamin E, etc.), for 7 days after surgery.  
 ***Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on \_\_\_\_\_.***  
 Other medications:  Promethazine as needed for nausea. Next dose: \_\_\_\_\_  
 Medrol Dose Pack starts \_\_\_\_\_

### ACTIVITY

- Rest quietly at home for two days after surgery and elevate your head on 2-3 pillows while sleeping.  
 Stay in the company of a responsible adult for 24 hours after surgery.  
 When bending, bend at knees only, and not from waist.  
 Avoid lifting anything heavier than a gallon of milk for 7 days.  
 No heavy exercising of any kind for two to three weeks, or until approved by your surgeon.  
 Do not submerge your head underwater in a swimming pool or hot tub for 1 month after surgery.  
 **Do not drive** while taking prescription pain medication. **Do not smoke** for 2 – 4 weeks following surgery.

### HYGIENE

- After the dressings are removed you may shower and shampoo your hair.  
 If you had oral incisions, irrigate the sutures with peroxide rinses twice a day for one week.

### DIET

- Resume regular diet. Select foods that are easily chewed and take small bites. Avoid foods that are grainy or have seeds (to avoid food debris entering the oral incisions).  
 No alcoholic beverages for 1 week after surgery, or while taking prescription pain medication.

### OTHER

\_\_\_\_\_

**FOLLOW UP APPOINTMENT** \_\_\_\_\_ days.  **PLEASE CALL 512-458-2141 FOR APPOINTMENT**

\_\_\_\_\_

I have received and understand these instructions. \_\_\_\_\_  
Patient/Representative Reviewed by \_\_\_\_\_

If you have any questions **immediately** after surgery call CAREOS M-F 7am-4pm (512) 458-4391.