



- 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 \_\_\_\_\_ if needed.*
- Continue the antibiotic and/or antiviral medications that may have been prescribed for you by your doctor.
- If your eyes are feeling dry or scratchy, you may use over-the-counter artificial tears.
- Other medications:  Promethazine as needed for nausea. Next dose: \_\_\_\_\_  
 Medrol Dose Pack starts  **the next morning**  **today**
- **If your pain is increasing in the days after surgery despite taking pain medication, please call us to report your concerns.**

**Activity:** Limit your activities for several days following surgery. For two weeks after surgery, do NOT exercise, swim, or participate in contact sports. Avoid all sun exposure unless necessary and then wear protective clothing, a wide-brimmed hat and sunglasses if you are outside. No make-up or sun block until your surgeon approves.

**Diet:** If you had full face resurfacing or resurfacing around your mouth, eat small bites and avoid exaggerated mouth movements that may crack the skin around your mouth. Avoid drinking through a straw.