Discharge Instructions Facial Implants Date: _____

❑ **Dr. Sean Blaydon** ❑ **Dr. Tanuj Nakra** ❑ **Dr. Vikram Durairaj** ❑ **Dr. Emily Bratton** ❑ **Dr. Richard Allen**
❑ **Dr. Anish Abrol** ❑ **Dr. _____**

CALL IMMEDIATELY FOR THESE PROBLEMS: **Office (512) 458-2141 M-F 8 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 _____

If you have questions immediately after surgery, call Dr. _____ Mon-Fri 8am-5m at 512-458-2141