

Discharge Instructions Facial Implants **Date:** _____

- Dr. Sean Blaydon Dr. Tanuj Nakra Dr. Vikram Durairaj Dr. Richard Allen Dr. Anish Abrol
 Dr. Donovan Reed Dr. Irina Belinsky Dr. Monica Ray Dr. Mark Mazow

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