

EYELID, FACE, & NECK SURGERY

Caring for Your Wound(s)

- Use ice packs intermittently (about 5-10 min on and off) while awake for the first 72 hours as tolerated, then warm compresses 5-10 min on and off as able for 1 week afterwards.
- If a dressing/patch/drain is placed, check with your physician before removal. If applicable, brow, lower eyelid, and/or face lift wraps can be removed 24 hours after surgery. If a drain was placed, please make sure the bulb is suctioning and record the amount removed each day.
- For face/neck lifts only: wear your wrap at all times. Make sure you can fit two fingers between your face and wrap to ensure it is not too tight. Avoid bending your chin/neck towards your chest.
- You may shower after 24 hours and allow the water to dribble onto the treated area(s) but avoid aiming water directly in the area(s). Never rub or pick at anything as this may weaken healing and break stitches. **DAB/PAT THE SURGICAL AREA(S) ONLY.** Use a moist washcloth placed on the affected area(s) to help soften debris and allow it to come off on its own to keep the area clean and reduce crusting and debris.
- Soft food and no straws for 1 week if oral surgery was performed.

Medications

- Apply to the affected area(s) as directed on prescription/below where checked, usually for 2 weeks. Unless instructed do not apply anything else or stop your other eye medication(s). Lotion/moisturizer can be gently applied by patting/dabbing the areas if applicable.
- Ointment / Drops: Neomycin / Erythromycin / Artificial tear / Bacitracin / Ciprofloxacin – apply pea size/thin film to affected areas 3 times a day for 1 week. For ointment around the eyes please make sure you are using the ophthalmic (eye) version – please note that it can blur the vision for a couple of hours.
- Medrol Dose pack (Methylprednisolone) – Start day after surgery. Take entire given day's worth at the same time preferably in the morning.
- Pain medication: Hydrocodone / Oxycodone / Hydromorphone / Tylenol with Codeine / Tramadol – Take half up to 2 pills every 4-6 hours as needed for moderate to severe pain only. Do not exceed 10 pills total in 24 hours.
- Cephalexin / Amoxicillin / Ciprofloxacin / Bactrim / Doxycycline / Valacyclovir - Please take ___ pill by mouth ___ times a day for ___ days.
- You may use artificial tears for eye comfort if needed.
- If applicable use any anti-nausea and/or pain medication prescribed as needed. If no prescription pain medication was needed then you may take Tylenol as long as there is no reason you cannot take it.
- **If you are taking prescribed pain medications (some of which have Tylenol built in) and over the counter Tylenol at the same time, please make sure you do not exceed consuming more than 3250mg of total Tylenol in 24 hours.**
- Please resume a normal, balanced diet and medications with the following change below.
- **Do not use any blood thinners, aspirin, aspirin-containing medications, or non-steroidal anti-inflammatory products (Ibuprofen, Aleve, Naprosyn, Excedrin, etc) for at least 24 hours and/or until there is no active bleeding. If there is a medical need to be on a blood thinner sooner, please check with your doctor first.**

Activity restrictions and other things to remember

- **Do not drive, drink alcoholic beverages, sign legal documents or make major decisions during the next 24 hours-** you may be under the influence of medications
- No lifting more than 10 pounds, swimming, straining, heavy exercise, or bending for 1-2 weeks.
- Do not smoke. Avoid alcohol and limit excess salt/MSG intake for the next week .
- Light walking/activity is ok (walking, slow jog; no abdominal exercises).
- You may use makeup 1 week after surgery unless there is an openly healing wound.
- If able, sleep with the head elevated on 2-3 pillows for the next week to decrease swelling.
- Avoid direct sunlight. Wear a wide-brimmed hat or sunglasses if you must go in the sun.
- Intermittent oozing of blood is to be expected for the first couple of days. There may be transient blood like ooze about 1 week after the procedure due to breakdown of blood clots.
- For those having undergone a hairline approach brow lift and/or face lift, no dying the hair for 3 weeks, and no perms or other hair treatments for 6 weeks.

How to reach and when to call your doctor

- Fever > 101 degrees, allergies, pain not adequately relieved by pain medications, increasing redness, purulent discharge, you cannot see at least a couple fingers, move the eye, or have extreme swelling
- For non-urgent issues: Monday - Friday, 9:00am-5pm, call **(310)791-2233**. After hours, your physician can be reached by calling the same number for medically related and emergent issues only. It may help to take a photo with the flash on (cell phone works well) in a well-lit area and send it to the doctor.