

Facial Surgery

Post-operative Instructions Following Facial Surgery

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- **Right after Surgery:** Your main goal during the first few days to a week after surgery is to help minimize swelling. You can do this by keeping your head elevated at a 45 degree angle, either by sleeping in a recliner or having several pillows behind your back.
- **Swelling and bruising:** will be at its most noticeable stage around 2-3 days after surgery and will then start to subside. Most bruising disappears by around 7-14 days after surgery.
- **Eating:** Start with light and soft meals. Avoid fatty foods during the first 24 hours after surgery. As you get more comfortable, you may progress to regular food. Drinking fluids is very important after surgery; at least 2 quarts a day (about two liters). Try to drink non-caffeinated fluids.
- **Medications:** Take your medications as prescribed.
 - Most patients require one to two days of pain medication after facial surgery.
 - Only take the pain medication if you have discomfort.
 - Taper off the pain medication when your pain level starts to decrease.
 - NO ASPIRIN, ADVIL, MOTRIN, ALEVE OR ANY OTHER BLOOD THINNING MEDICATIONS FOR 10 DAYS BEFORE & 10 DAYS AFTER SURGERY.
 - Your pain medication has Tylenol in it, **DO NOT** take additional Tylenol while taking your pain medication.
 - The stool softener helps prevent and relieve constipation, but it is effective only if you are drinking plenty of fluids.
- **Driving:** Do not drive yet. Once you are NO LONGER TAKING pain medication at all, and are feeling comfortable, you may start driving.
- **Incision Care:** Use Bacitracin or Polysporin (antibiotic ointment) 3 times daily on the incisions to minimize scabbing.
- **Sun Exposure:** Avoid direct sun exposure for at least 6 weeks after surgery. Wear sunscreen at all times during the day (once you are given the approval to use skin products from Dr. Behmand, usually around postoperative day 10).
- **Exercise:** No exercise for 4 weeks after surgery. Avoid bending over, heavy lifting or any other activity that makes your face feel pressure.
- **Hair Color:** For **Brow lift** & **Face Lift** patients, do not color or highlight your hair for 4 weeks after surgery

- **Skin Care/Makeup:** Do not use your regular skincare products OR makeup until your first postoperative appointment. At that time, Dr. Behmand will assess you to see if you are ready to start using skin products again.
- **Contact Lenses:** If you wear contact lenses, you can generally start wearing them 3-4 days after surgery depending on your level of comfort. If you have any questions about this, please contact the office.
- **Sensations:** You may feel numb on the top of your head and around your face. This is normal and will go away with time. You may experience a feeling of itching, pins, and needles as the nerves begin to recover. This is part of the normal healing process in the first few months.
- **Follow-up:** During your preoperative appointment, you will be given a print out detailing the dates and times for your surgery and your first postoperative follow-up appointment. This sheet will be in the black folder given to you at our office.
- **24 Hour Answering Service:** If anything is urgently needed after 5pm or on the weekend, please be aware that we do have a 24 hour answering service. You may call our regular office line at (925) 939-9200 to reach the answering service.