



# Visage Surgical Institute

Oral-Facial & Cosmetic Surgery • Dental Implant Center

## Post-Operative Instructions Minor Soft Tissue Surgery

- Position** When reclining, elevate your head and back with several pillows for the first 1-2 days after surgery. Lie on your back, rather than on your sides or stomach.
- Ice** Ice packs or cool damp wash cloths should be applied on or around the treated areas, especially over the eyes and cheeks. This will lessen the amount of swelling, bruising, and pain. If no bandages are present, place a cloth between the skin and the ice pack to protect the skin. Use ice for up to 45 minutes out of each waking hour for the first 24 hours. An easy schedule to follow is 20 minutes on and 20 minutes off.
- Activity** (I) During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed. However, you should rest when tired.  
(II) Avoid bending over or lifting more than 5 pounds during the first week.  
(III) Take extra precaution to protect your head and neck from bumps, hits or injuries.
- Hair Care** You may wash your hair after surgery. A mild baby shampoo is recommended.
- Dressings** A dressing may be applied, or the wound may be covered with a bacitracin antibiotic ointment. Do not remove dressing if present, unless instructed to do so by your doctor.
- Cosmetics** You may apply cosmetics to untreated areas following surgery. Avoid any areas with skin stitches, abrasions or laser treatment. Make-up may be applied in the treated areas after the skin stitches have been removed (usually on the 5<sup>th</sup> post-operative day). Make-up may delay wound healing and possibly produce a permanent tattoo if it comes in contact with treated areas too soon.
- Sun Exposure** Protect your facial skin from excessive sun exposure as long as the treated area(s) are still pink. When the treated area(s) are no longer pink, ordinary exposure is not harmful, but a sunscreen should always be used.

### CARE OF SKIN STITCHES (if present between the nostril)

**Supplies needed:** Bacitracin Ointment  
Cotton tip applicators (Q-Tips, etc.)  
3% Hydrogen Peroxide (one fresh bottle)  
Normal Saline (one bottle)

- A. Mix 2 Tbsp. Peroxide with 2 Tbsp. Normal saline in a small container. Discard each time, and do not save mixture.
- B. Use Q-tips and peroxide solution to clean all dry blood and material from the incisions. **DO NOT** leave any crusts or blood on the stitched areas. Repeat until sutures are completely debris free and visible. Repeat a minimum of 4-5 times per day, until sutures are removed.
- C. Cover all incisions and abrasions with thin layer of Bacitracin ointment – **DO NOT ALLOW ANY AREA** to dry out or scab over. This results in increased scarring.
- D. Do not apply any bandages or other materials to the surgical area unless otherwise instructed.
- E.

### **PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:**

- A. Sudden or excessive bleeding, swelling, or bruising.
- B. Any itching, rash or reaction to medications.
- C. Fever, temperature over 100 degrees (taken orally).
- D. Discharge from the incision (other than blood).
- E. ANY INJURY TO THE FACE.

*Faithful adherence to pre-operative and post-operative instructions will help to minimize swelling, pain and discomfort. If you do have any problems, **please** do not hesitate to contact me for assistance. (216.368.2538).*