



**POSTOPERATIVE INSTRUCTIONS**

Day	Begins the day after surgery	Times per day
1	Apply hydrogen peroxide in between each staple with a Qtip	
1	Shower and rinse hair with warm water DO NOT USE SHAMPOO TODAY	
1	Facial cold compress (DO NOT apply directly to face, use barrier)	
1	Facial Cleanser (DO NOT use wash cloth – pat dry)	
1	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
1	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
1	<b>Please stand and walk for 15 min every hour</b>	
2	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
2	Shower and rinse hair with warm water and BABY SHAMPOO	
2	Facial cold compress (DO NOT apply directly to face, use barrier)	
2	Facial Cleanser (DO NOT use wash cloth – pat dry)	
2	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
2	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
2	<b>Please stand and walk for 15 min every hour</b>	
3	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
3	Shower and rinse hair with warm water and BABY SHAMPOO	
3	Facial cold compress (DO NOT apply directly to face, use barrier)	
3	Facial Cleanser (DO NOT use wash cloth – pat dry)	
3	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
3	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
3	<b>Please stand and walk for 15 min every hour</b>	
4	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
4	Shower and rinse hair with warm water and BABY SHAMPOO	
4	Facial cold compress (DO NOT apply directly to face, use barrier)	
4	Facial Cleanser (DO NOT use wash cloth – pat dry)	
4	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
4	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
4	<b>Please stand and walk for 15 min every hour</b>	



**POSTOPERATIVE INSTRUCTIONS – WEEK 1**

Day	Begins the day after surgery	Times per day
5	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
5	Shower and rinse hair with warm water and BABY SHAMPOO	
5	Facial cold compress (DO NOT apply directly to face, use barrier)	
5	Facial Cleanser (DO NOT use wash cloth – pat dry)	
5	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
5	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
5	<b>Please stand and walk for 15 min every hour</b>	
6	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
6	Shower and rinse hair with warm water and BABY SHAMPOO	
6	Facial cold compress (DO NOT apply directly to face, use barrier)	
6	Facial Cleanser (DO NOT use wash cloth – pat dry)	
6	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
6	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
6	<b>Please stand and walk for 15 min every hour</b>	
7	Hydrogen Peroxide (apply to suture line front & back of ears) DO NOT pull back ears	
7	Shower and rinse hair with warm water and BABY SHAMPOO	
7	Facial cold compress (DO NOT apply directly to face, use barrier)	
7	Facial Cleanser (DO NOT use wash cloth – pat dry)	
7	Antibiotic as <b>DIRECTED!</b> Other medications <b>AS NEEDED!</b>	
7	If Peel/Dermabrasion - Use Organic Coconut Oil on resurfaced areas (Eyes, Face and/or Mouth)	
7	<b>Please stand and walk for 15 min every hour</b>	

Please call 904-203-8282 if you have any questions or concerns

After office hours, Please call Rosie at 904-290-3099