



GARCIA

↔ FACIAL PLASTIC SURGERY ↔

7807 Baymeadows Road East, Suite 303 Jacksonville, FL 32256

AGING FACE SURGERY POSTOPERATIVE INSTRUCTIONS

Week 1: *This begins the day after surgery*

1. Clean all suture lines located in the hair line, around the front and back of the ear with Hydrogen Peroxide with a Q-tip six (6) times a day.
2. Apply a small amount of Antibiotic Ointment to the suture lines in front and behind the ears only.
3. **Do Not** apply any ointment to the incisions within the hairline.
4. **Do Not** pull your ears forward while cleaning behind them.
5. On the first postoperative day, shower and rinse hair twice. **Do not use shampoo today.** Allow warm water to run through your hair. Some knots in the hair will be noted, this is normal. On the second postoperative day, shower and wash your hair with **baby shampoo only. Continue to shower and wash your hair twice daily for two (2) weeks.**
6. Wash your face with Cetaphil soap and Lukewarm water three times a day with the balls of your finger, pat dry, **DO NOT RUB FACE.**
7. Make sure to stand and walk around every hour for 15 minutes.
8. Elevate the head of your bed at least 35-40 degrees for two (2) weeks to help minimize swelling. If you have a recliner, **sleep on the recliner for 2 weeks.**
9. **Apply facial cold compresses** several times daily for the first two (2) weeks to reduce swelling and discomfort.
10. You may wear eyeglasses if absolutely necessary, making sure that they **DO NOT** rest on incisions.
11. Wear contacts, if necessary, unless eyelid surgery was also performed, then wait 2 weeks.
12. **Do Not** use any hair sprays or conditioners for the first two (2) weeks. No hair permanents for six (6) weeks.
13. **Do Not** apply makeup to your face for the first two (2) weeks.
14. **Do Not** use a curling iron or flat iron for two (2) weeks.
15. **Do Not** shave your face for the first two weeks..
16. Take Antibiotics and Pain medication as prescribed.
17. Take Arnica Pills and Arnica cream as directed.

Week 2: *This begins on day eight (8)*

1. Continue all instructions mentioned previously with the difference to **DISCONTINUE** the use of antibiotic ointment.

Week 3:

1. Discontinue all cleaning regimens, unless told otherwise. Resume your regular physical activity.
2. You may use mineral-based makeup if desired, unless told otherwise.
3. Use at least SPF 30 sunscreen over the entire face if sun exposure is expected.
4. You may resume coloring your hair if desired.

5. You may start using a curling iron or flat iron but be careful not to burn areas of the scalp that may still be numb.

REPORT TO DR. GARCIA IF:

1. Temperature elevation.
2. Sudden swelling or discoloration.
3. Persistent bleeding.
4. Discharge from the wound or any other signs of infection.
5. Development of any drug reactions.

REMEMBER THESE IMPORTANT FACTS:

1. Be patient with your results. It takes up to a year for the final result of your surgery to be evident.
2. Your face will retain swelling for several months. During that time, you may notice some lumpiness, tightness, and numbness.
3. As the swelling subsides, so should the conditions associated with it, so be patient.
4. Any slack you see in the future will be associated with redundancy, which results from loss of elasticity, a result of continuing aging.
5. "tucks" are designed to remove any new sags and/or droops that develop as a result of the ongoing aging process in the future.

Generally you will be scheduled for 1 day, 1 week, 2 week, 1 month, 3 month, 6 month and 1 year post-op appointments!

904-203-8282

Person Receiving Instructions: _____
(one copy to patient, one copy to chart)

Person Reviewing Instructions: _____

Date/Time: _____