



**Colorado Facial  
Plastic Surgery**  
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*Creating Beautiful Faces*

**Aesthetics by Design**  
*Creating Beautiful Skin*

## **FACIAL RESHAPING - PATIENT INSTRUCTIONS**

### **Before Your Surgery**

- Make sure to discontinue using any Aspirin, Ibuprofen, Advil or any other anti-inflammatory medications for a minimum of 2 weeks prior to surgery.
- No smoking for a minimum of 3 weeks prior to surgery.
- Arrange for transportation to and from the surgery center/ hospital.
- Arrange for someone to stay with you for 24 hours following surgery.
- Make an appointment for your first postoperative visit 1 week after surgery.
- Please fill your prescriptions and obtain the necessary supplies prior to your surgery.

### **Night Before Surgery**

- Make sure that you remove make-up and wash your face with Hibiclens (see separate instructions included).
- Do not eat or drink anything after midnight. This includes water. If this occurs your surgery may need to be rescheduled.

### **Morning of Surgery**

- Remember, nothing to eat or drink for 8 hours before surgery. You may take any vital medications normally taken in the morning with small sips of water.
- Remove contact lenses.
- Do not drive yourself.
- No smoking or chewing gum, mints or candy.

### **After Surgery**

- FOLLOW-UP APPOINTMENTS:
  - **1 week** – All dressings and sutures are removed
  - **2 weeks** – Wound healing progress and swelling are assessed.
  - **1 month** – Check for any areas that may benefit from steroid injection.
  - **3 month, 6 months, 12 months** – Check for final result and need for any revision surgery.
- COLD COMPRESSES – You should apply the cold compress over your eyes and around the nose and cheek area several times a day for the first 36 hours. Use frozen peas in the latex glove provided.
  - Place a thin gauze over dry skin and under the frozen peas.
  - Apply for 30 minutes on, and 30 minutes off or as much as possible for the first 3 days.
  - SLEEP – Sleep with the head elevated for at least 2 weeks. The use of 2 pillows should be sufficient. This aids in minimizing swelling and drainage. Sleeping on your back for a minimum of 2-6 weeks is recommended.
- INCISION CARE AND CLEANING-External Sutures

- o You will need to keep the incision/suture clean and moist. The areas need to be cleaned 2 times a day with Hydrogen Peroxide 3%, mixed with water. After cleaning apply a generous layer of polysporin ointment. Do NOT put the ointment over the paper tape that has been applied to any area. The face may be washed VERY GENTLY with a mild soap starting on day DO NOT RUB THE FACE WITH ANYTHING MORE THAN A LIGHT TOUCH.
- o DIET
  - o Jaw Reshaping/Chin Implants- For the first 5-7 days stay on a soft diet. Gradually go on a more normal diet. Drink lots of fluids and avoid eating foods that are hard to chew or might upset your stomach.
- o ORAL CARE
  - o Jaw Reshaping/Chin Implants- You may brush your teeth gently. If there is an incision in the mouth- rinse with salt water after eating.
- o RESUMING ACTIVITIES
  - o You may wear contact lenses, sunglasses and glasses the day after surgery. Bathing, showering and shampooing may also begin the 3<sup>rd</sup> day after surgery. Driving may resume 1 week after surgery. Alcohol may resume 2-3 weeks after surgery. Usually, you may return to work in 10-14 days. You can color your hair 3 weeks after surgery, and recreational sports and contact sports may resume after 6 weeks

#### **Things NOT to do Following Surgery**

- o Do NOT bend over or lift anything greater than 5 lbs or engage in any vigorous activity.
- o Do NOT SMOKE or DRINK alcohol.
- o Do NOT use a hot tub or sauna for 6 weeks.
- o Do NOT take any aspirin products as they promote bleeding. Ask Dr. Imola when it is safe to resume routine medications.
- o Do NOT put any pressure on your head or neck.
- o Avoid direct sunlight for 6 weeks and then use sunblock with SPF 30 or higher whenever you are outside. Also make sure to wear a hat.
- o Avoid being around restless/playful pets and children.