



Mission Valley Oral & Maxillofacial Surgery, Inc.

Fred W. Hammond, D.D.S.
Tim S. Smith, D.D.S.
Kierian B. Kuklok, D.D.S., M.D.

2878 Camino del Rio South • Suite 210
San Diego, CA 92108
619/298-2200 • Fax 619/298-2250

Post-Operative Instructions For Facial Liposuction

Swelling and a large amount of discoloration are normal following liposuction surgery. The following instructions are designed to minimize discomfort after surgery.

Position: *Elevate your head and back* using several pillows or use a recliner chair with the head at a 45° angle. It is important to do so for one week after your surgery. Lay on your back, rather than on your sides or stomach.

Ice: Ice must be used over the surgical area for the first twenty-four hours around the clock, as directed (leaving off for eating and hygiene). Only use the ice bag supplied.

Activity: During your first day after surgery, stay up as much as possible. You should sit, stand or walk around rather than remain in bed. However, you should rest when you become tired. Avoid bending or lifting more than five pounds during the first week. You may do passive exercises only. Stay away from any activity that raises the pressure in your face for two weeks, as excessive pressure may cause a severe bleed. Avoid excessive talking and extreme facial movements (which may increase bleeding/bruising).

Diet: Day of surgery, postop: Start with *clear cool* fluids when these are tolerated, advance to warm (*not hot!* fluids and very soft foods only, i.e., soups, dairy products, apple sauce.)

2nd day after surgery and until your next office visit: Warm soft foods or cool foods, foods that do not require a lot of chewing. Also, make sure you are drinking lots of fluids, at least eight 8 oz glasses a day.

One week after surgery: Resume your regular diet.

Medication: Pain medication: Take one when you arrive at home, then as needed every 4-6 hours for discomfort or pain. **CAUTION:** Do not drive or operate dangerous machinery while taking narcotic pain medication. Do not drink alcohol while taking pain medication or antibiotics.

Heat: Begin moist heat on the second postop day. A moist towel should be placed between the skin and the heat source. Do not use heat continuously, only 20 minutes per hour and four times per day for a two-week period.

Exposure: SPF 15 or higher. Wear a hat.

Sports: No swimming, gym or strenuous activities for one week. No diving or skiing for two months. Passive exercise is permitted, i.e., walking.

Aspirin: The use of aspirin or medications containing aspirin should be avoided ten days prior to surgery. Take Tylenol for headaches and minor pain.



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Bruising: This is to be expected. Bruising will usually be gone in 7-10 days. The swelling will take awhile longer to subside.

Smoking: Smoking should be stopped at least two weeks before surgery. Smoking impairs circulation and good circulation is needed for good healing. An adequate blood supply results in a good surgical result for you.

Bleeding: If the dressing or elastic support is quite blood-stained, this should be reported to the doctor IMMEDIATELY!

Dressings: A compression dressing must be worn continuously for one week that may be removed for short periods of time but then reapplied. Leave this on 24 hours per day for the first week; then mainly wear the support dressing at night.

Bathing: You may tub bath or shower after surgery and shampoo your hair during the first day after surgery

Shaving: Resume shaving when swelling subsides and area is not too tender.

Care of your incisions

Supplies needed: Bacitracin ointment, 1/2 oz.

Cotton tip applicators (i.e., Q-tips)

3% Hydrogen Peroxide, 1/2 Strength, fresh bottle

- 1) Mix 2 Tbsp. peroxide with 2 Tbsp. tap water in small container.
- 2) Use cotton tip applicators and peroxide solution to clean all blood and material from the cuts. DO NOT leave any crusts or blood on the stitched areas. Repeat a minimum of four to five times per day.
- 3) Cover ALL cuts and abrasions with ointment --- do not allow ANY area to dry out or scab over.
- 4) Do not apply any bandages or other materials to the surgical area unless otherwise instructed.

FINALLY. Faithful adherence to the preoperative and postoperative instructions not only will help to minimize swelling, pain, and discomfort, but also aid in achieving an excellent surgical result. If you do have problems, don't hesitate to contact our office for assistance.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:

- 1) Excessive bleeding
- 2) Sudden swelling
- 3) Any itching, rash, or reaction to any of the medications
- 4) Temperature above 10 1 degrees (taken orally)

Call: (619)298-2200 at any time if you have problems. If it's after office hours, one of the doctors will be paged.

