

PURE PLASTIC SURGERY

Facial Surgery Post-Operative Instructions

Immediate Post-Operative Care

1. You must come for your first postoperative visit with our staff the day after surgery.
2. Your second post-op visit will be within a week after your surgery.
3. Do not take any aspirin-type products for 2 weeks after surgery. Only use the pain medication prescribed by the surgeon.
4. Rest with head elevated at least 30 degrees or on 3 pillows. Avoid bending at the waist. Do not empty the dishwasher, do laundry, mop/broom/vacuum your home or perform any other activity.
5. Apply a cold compress to your face and eyes frequently for the first 24 hours (20 minutes on and 45 minutes off).
6. You should rest quietly and comfortably for the first 24 hours after surgery. However, you must walk every 2-3 hours for a few minutes.
7. Please limit ALL activities for the first week following your procedure. Only walking is allowed starting the evening of surgery.
8. Take the medications as prescribed by Dr. Earle
9. Follow a liquid diet for the first day after surgery and transition to a soft diet for the next 2 days.
10. Bring a scarf and sunglasses with you to your first office visit after surgery to assist in covering the surgical area.
11. You may wash your hair after your first office visit when your dressings are removed. Please follow shampoo instructions below.

Long-Term Post-Operative Care

1. **You are NOT allowed to travel** by boat, plane, cruise ship, train, car, and/or any form of transportation out of Miami, FL for a **minimum of 5 days after surgery**.
2. You may wear facial makeup 2 weeks after your surgery. Please avoid putting makeup directly on suture lines.
3. Do not drive for 10 days following surgery or until cleared to do so by your Dr. Earle.
4. Do not wear earrings (pierced or even clip-on) for 3 weeks after surgery.
5. No smoking is allowed 4 weeks before and 4 weeks after surgery. Ideally you would never smoke ever again.
6. You may dye your hair 1 month after surgery once you have been examined by the surgeon and he agrees.
7. Do not undergo any dental procedures for 6 weeks before and after surgery to avoid infections.
8. Before you plan to perform any vigorous activity or sport/travel please notify the office/surgeon.
9. Please avoid all direct sun exposure for 8 weeks after surgery. Start using sunscreen 7 days after surgery every day and use it for the rest of your life to minimize scarring. After 8 weeks, you can be exposed to direct sunlight if you apply SPF 50 or greater sunscreen and reapply every hour.

Shampoo Instructions After Facial Surgery

1. Do not shampoo your hair until you have been seen by the surgeon.
2. Once you have come to your first postoperative visit and the surgeon has agreed that you can begin shampooing your hair you can do so on a daily basis.
3. If you have sutures and staples in your scalp and behind your ears, these areas should be gently cleansed using shampoo and your fingertips in a gentle circular motion.
4. DO NOT pull your ears away from the side of your head as this can cause damage to the sutures used to close your wounds.
5. Do not raise your chin up while shampooing, rinsing, or drying. Keep your head level at all times.
6. You may use your blow-dryer on the COOL setting to dry your hair completely.
7. DO NOT use any hot rollers or hair pins.
8. Gently comb or brush your hair using extreme care around the ears and sutures/staples.

Post-op Concerns

Most post-op questions can be answered during your post-op visits. However, we are always available to answer your questions through our HIPAA compliant text messaging system Klara. If you are experiencing any of the following, please call the office:

1. You experience any fever (101.5 or higher taken with a thermometer), shortness of breath, chest pain or unusual pain in the operated area.
2. You have bright red bleeding that saturated or oozed the pads (pink or translucent oozing during the first few days is normal).
3. You have severe pain that is not responding to medication or if the incisions are showing signs of infection (such as redness that spreads away from the incision to the adjacent skin and is extremely tender), foul odor drainage through the incisions.

The office can be reached directly at **305-230-4326**

IMPORTANT: Do not use Klara for urgent messages between 5pm and 9am Monday-Friday and on weekends. Our staff does not review Klara messages outside of office hours. For urgent medical questions, please call the office and, if we are closed, you will be transferred to the after hours answering service.

Please call our office before planning on going to see anyone else after your surgery to include the emergency room or any other doctor.

For an emergency please go to:

Kendall Regional Hospital

11750 SW 40th St.

Miami, FL 33175

South Miami Hospital

6200 SW 73rd St.
South Miami, Fl 33143

IF YOU ARE HAVING A LIFE THREATENING EMERGENCY, PLEASE CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM AND CALL US TO LET US KNOW ONCE YOU ARE ABLE TO DO SO.

I have read and understand the post op instructions provided above. I do not have any further questions at this time.

Patient Name: _____ Patient Signature: _____

Witness: _____ Date: _____ Time: _____