

Houston Methodist ENT Specialists

Facial Plastic & Reconstructive Surgery

6550 Fannin St., Suite 1703 * Houston, Texas 77040

Office: 713-441-FACE (3223) Fax: 713-796-9096

POST OPERATIVE CARE FOLLOWING SKIN PINCH

Call our office promptly if:

- √ You have a temperature over 100°
- √ There is unusual bleeding or discharge from the incision
- √ You have any change in Vision
- √ You have increase in pain which is progressive and not easily relieved with medication.

If any of the above should occur after regular office hours, we can be reached 24 hours a day through our answering service at **713-441-FACE (3223)**.

What Can I Expect?

- √ Some bruising, swelling and discomfort will be expected, which is often worse the second day after surgery.
- √ Tearing and light sensitivity is expected, but only for a short duration.
- √ Some oozing of blood from the wound is typical for the first day after surgery.

How Do I Care For Myself?

- √ Usually only a non-aspirin mild pain medication is needed after surgery, since severe discomfort or pain is rare.
- √ Apply cold compresses or ice several times in the first 24 hours to reduce swelling and bruising (ten minutes on, ten minutes off).
- √ Eye drops or an eye ointment may be prescribed.
- √ Sutures are usually removed within one (1) week of surgery. The incision line should be cleaned 2 to 3 times a day with saline or hydrogen peroxide, and then a thin layer antibiotic ointment be applied. A thin layer of Aquaphor (or Vaseline) may be applied.
- √ Sunglasses may be worn to reduce light sensitivity
- √ Apply warm compresses to reduce crusting of eyes, which may appear in the first two (2) days after surgery.

DO NOT:

- √ Wear contact lenses for the first five (5) days after surgery.
- √ Exercise, lift or strain during the first two (2) weeks after surgery.
- √ Use non-prescription medication for the first two (2) weeks — especially medications containing aspirin.
- √ Swim -- until approved by your physician
- √ Remove the dressing(s).
- √ Scrub, wash or massage your eyes. Do not wear make-up until approved by your physician.

IF YOU HAD A CHEMICAL PEEL OR LASER SURGERY:

- √ Keep the area moist with A&D ointment or Aquaphor at all times during the first 5 to 7 days following surgery or until seen at the office.
- √ After 24 hours, the area can be cleansed with full or half-strength hydrogen peroxide. Be sure to reapply the A&D ointment or Aquaphor. Repeat this process three (3) times a day.
- √ Stay out of the direct sunlight
- √ Do NOT apply cover make—up until approved by your physician.