

******LEYNGOLD INSTITUTE FOR PLASTIC SURGERY******

**FACIAL RECONSTRUCTION
POSTOPERATIVE INSTRUCTIONS**

- **Avoid sleeping on the operated side(s).**
- **If you have surgical drains these will be removed at your first postoperative visit. If the squeeze bulb gets filled with fluid you may empty it and then reattach it back to the plastic tube. The recovery nurse will go over the drain care with you before your leave.**
- **Begin placing over the counter antibiotic ointment (e.g., Neosporin) on all of the incisions twice a day for 10 days. If the incisions are close to your eye an ophthalmic antibiotic ointment will be prescribed. If the eye is patched, begin placing the ointment onto the eyelid incisions once the patch is removed.**
- **If your surgery was close to your eye, your eye may feel irritated or like it has sand or grit in it after surgery. After patch is removed, begin using over the counter artificial tears four times a day and artificial tear ointment or gel at night. This will help significantly with the irritation. Examples are included below.**
- **A small amount of bloody oozing or blood-stained tears are normal in the first few days. Uncontrolled bleeding that will not stop with gentle pressure is not normal and you should call your doctor.**
- **If the eye is not patched, you can begin showering in 24 hours. Washing your face is permitted but do not rub your eyelids, forehead, or cheek. Gently pat dry the area. Do not rub.**
- **If your reconstruction required a skin graft, the Tegaderm dressing (clear dressing) on your graft site may be removed in 48 hours. Do not submerge the incision in water for 3 weeks. You may shower and let the water wash over this area. The steri-strips and/or Telfa dressing under the Tegaderm will fall off on their own.**
- **If you have a “bolster” dressing (a yellowish dressing sutured over the graft) please leave it intact. You may get it wet, but do not rub it. You may apply prescribed antibiotic ointment around the dressing and the sutures. It will be removed at your first post-operative visit.**
- **Avoid hot tubs, saunas, ocean/lake water and swimming pools for 3 weeks**
- **Please do not bend below the waist or lift things heavier than a gallon of milk for 7 days. You may continue your other activities as tolerated**
- **If you have pain, try taking Tylenol. You may take up to two extra strength pills (500mg) every 8 hours OR you may take up to three regular strength pills (325mg) every 8 hours. Only use this**

high dosage for 3 days. After that, decrease your maximum dose to 500mg every 8 hours. You should not continue Tylenol for more than 7 days. **DO NOT USE TYLENOL IF YOU HAVE LIVER DISEASE.**

- Take the oxycodone for pain not controlled by Tylenol. Oxycodone can make you feel sleepy, confused, and increase your risk for falling. Do not use this medication without someone at home to help you. It can also make you itchy. If you begin to become itchy, you can take Benadryl (25mg) every 6 hours as needed for itchiness. Be aware that the Benadryl may make you sleepy
- The oxycodone can make you constipated. Be sure to drink plenty of fluids while taking the oxycodone. You can also start an over-the-counter stool softener like Colace twice a day
- Take the Zofran (ondansetron) dissolvable tablets as needed for nausea. You may feel nauseous from the anesthesia and it is important that you do not throw up or dry heave
- You may resume your aspirin, aspirin-containing products or blood thinners 48 hours after your surgery unless directed otherwise by your prescribing physician. Resume all of your other medications as directed by your other physician(s).
- Resume your regular diet as tolerated. You may not have much of an appetite in the first few days so be sure to focus on fluids to prevent getting dehydrated
- Follow up in the clinic as instructed prior to surgery.

Please contact us for any increase in redness, facial swelling associated with pain, pus-like discharge, pain or nausea not controlled with medication, bleeding that does not stop with pressure, fever greater than 100F, decrease in vision or loss of vision associated with severe pain behind your eye or any problems you wish to discuss, please contact us by calling **(208) 900-4673**.