



Cosmetic Surgery ASSOCIATES

FRACTIONAL LASER / CHEMICAL PEEL POST-TREATMENT INSTRUCTIONS

- *In the event of excessive discomfort, itching, prolonged eye irritation, blistering, and/or scab formation, please call our office at 301.493.4334 or call your surgeon if it is after office hours.*
- *Call our office immediately if you feel you are developing a cold sore around your mouth. You may need an increased dosage of Valtrex (acyclovir) antiviral medication.*

WHAT TO EXPECT AFTER YOUR TREATMENT

- At the end of the procedure, we will apply Aquaphor over the area treated. This limits discomfort and redness of the treated skin.
- Do not allow the skin to become dry. Keep aquaphor on skin at all times and reapply in between washes as needed. Keep Aquaphor on skin at all times for the first week.
- Wash your face 2-3 times a day. You will start washings the day of your procedure. You will be washing with Cetaphil cleanser or Alastin gentle cleanser.
- Pat face with clean 4x4 gauze to remove as much of the lubricant as possible without rubbing the skin. Then use Cetaphil or Alastin gentle cleanser and water along with 4x4 gauze to clean thoroughly.
- Once the skin is cleaned, pat dry with a clean, dry, gauze pad.
- The after-effects and downtime after the procedure will depend on the healing characteristics of your skin, the laser setting used, and the aggressiveness of your treatment. An aggressive treatment means ten days to a few weeks of social downtime.
- Swelling and redness may be similar to that of an intense sunburn for the first few days after treatment. Puffiness may be very obvious around your eyes for up to a week following laser treatment of the eyelids. Puffiness of the face is usually mild and can last anywhere from a few days up to a week.
- Redness may usually last 14-30 days depending on your skin type and the aggressiveness of your treatment. The redness changes to a pink color similar to a

mild sunburn in about 14-30 days and then can be covered easily with a mineral based make-up at that point. The pink color will fade gradually over a period of several weeks to months. You can view the pink color as a sign of construction of healthy, new tighter collagen and elastin in the deeper layers of the skin.

- **DO NOT PICK OR RUB FLAKING, DRY, OR ROUGH SKIN.** Pulling at flaking skin can cause tiny tears and damage to your skin.

MEDICATION

- As soon as you return home, take acetaminophen (Tylenol) or prescribed pain medication as needed to soothe discomfort.
- Continue Medrol Dosepak and Valtrex (acyclovir) as directed.

WHAT TO DO

- Sleep with your head elevated to reduce puffiness.
- Apply cold compresses for 5 to 10 minutes at a time as frequently as needed for the first 24 hours in order to soothe, hydrate, and cool the skin. We recommend using soft face cloths or towels dampened with cold water (we suggest preparing these ahead of time and storing them in a Ziploc bag in your refrigerator).
- **DO NOT** apply ice directly to your skin.

SKIN CARE

- After one week, continue with cleansing twice daily using the Alastin Gentle Cleanser or Cetaphil. At this point, you can begin Alastin Occlusive Moisturizer or Cicalfate which we will provide you at your one week post op appointment. **Only use your hands to cleanse your face; do not use a washcloth until all peeling is complete.**
- As your skin heals, you may develop areas of itching or irritation. The symptoms may be relieved by applying over-the-counter hydrocortisone 1% USP every 4 to 6 hours for a few days. Do not use this cream longer than 2 weeks. You may also treat by placing one capful of white vinegar in a cup of water and soaking the area.
- After the first week, if outside or in a car, re-apply sunscreen every 2 to 4 hours, wear a wide-brimmed hat and sunglasses and avoid direct sunlight on treated areas. Continue for at least 3 months after your treatment. Please remember that the sun's ultraviolet rays will penetrate clouds, windshields, and windows. The same precautions will apply even on a rainy day!
- **Even brief exposure to sun or ultraviolet rays (2 minutes or less) can stimulate melanocytes which are the pigment producing cells in your skin. This can cause prolonged hyper pigmentation or streaky unattractive brown spots after any form of laser treatment.**

- At week three, you may resume your regular skin care routine and/or start the Alastin kit. Avoid any active skin care ingredients like Retin-A, hydroquinone, and glycolic acid until four weeks after treatment.
- If you have olive or mildly pigmented skin (Asian, Hispanic, Mediterranean skin types), you should use hydroquinone 4% skin lightening cream twice daily for 2 to 3 months after your laser treatment. Begin one month after your laser treatment or as soon as your skin will tolerate this cream. Sunscreens are especially important with these skin types.

EXERCISE

- Refrain from any excessive stretching, twisting or turning of your neck for the first two weeks after treatment to avoid irritating the treated areas and prevent causing tiny tears in the skin during this sensitive healing period.
- Do not engage in any aerobic exercise during the first two weeks following treatment as it may aggravate existing puffiness.

Patient Initials_____

POST-SURGERY INSTRUCTIONS: EYELID SURGERY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3-6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of eyelid surgery and signs to watch out for include:

Tightness in eyelid region and difficulty closing your eyes. Blurry vision, dry eye, burning, watery or itchy eyes. Bruising and swelling in the eyelid region. These are normal experiences as the skin, tissue and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

Asymmetry, the eyes look different, or heal differently. The eyes may look or feel quite different from one another in the days following surgery. This is normal; no two wows in nature or following surgery are perfectly symmetrical.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen eyelid or excessive bruising or fluid retention that is localized to one region.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your eyes. Do not apply ice or anything frozen directly on the skin. Do not apply compresses to your cheeks. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply directly to the eyelids, but do not apply any pressure. Apply cool compresses, for no longer than 15 minutes every hour.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Do not stress or strain your eyes.** Do not wear contact lenses or eyeglasses. Avoid bright light. Wear dark lens, large frame sunglasses if you must be outdoors or in any bright light.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Keep your incisions clean.** Your incisions will seep fluid and some blood for a short time after surgery. A cotton swab soaked in warm water is appropriate for cleaning incisions. A Q-tip with peroxide is appropriate for gently removing crusting near stitches. You may apply anti-bacterial ointment.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not stress your eyes. Let others tend to you. During this time you will progress with each day that passes. Ease into your daily activities. You will receive clearance to begin driving or return to work at your post-operative visit.
- **You may shower.** Take a warm, not hot shower. Do not rub or pull your incisions.
- **Do not use** any glycol, retinoid or other potentially irritating skincare products near your eyes or on your face.
- **Do not wear makeup.**

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing. You may resume aspirin products, tea, and supplements.

- **Continue your wound care as directed.** Do not wear any makeup until all stitches are removed AND your incisions no longer have any crusting or scabbing.
- **Refrain from direct sun exposure.** Continue to wear your sunglasses. If you are outdoors, apply at least SPF 30 no less than 30 minutes prior to sun exposure. Your eyelids and face are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **Refrain from any strenuous exercise and from bending or lifting.**
- **You may begin sleeping in a modified reclining position.** However do not sleep lying flat or on your stomach. If you are a side sleeper, two pillows under your head and a soft pillow under your mid-back and shoulders may offer more comfort.
- **Follow up as directed.**

SIX WEEKS FOLLOWING SURGERY

Healing will progress. Swelling and bruising will diminish.

- **You may ease into your regular fitness routine.** However use of protective eyewear when outdoors and when swimming are essential.
- **Discomfort or tightness and tingling in your eyelids will resolve.**
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Continue good skincare and sun protection, healthy nutrition, and fitness.**
- **Schedule and complementary procedures, as recommended.** Botulinum injections or other treatments may be recommended to enhance your results, and to help your results be long-lasting.
- **Your scars will continue to refine.** If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines on year after surgery.
- **A one-year post surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.
- **Your appearance will change with age.** Your eye and facial appearance may change too. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: RHINOPLASTY

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take up to a year.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for following nasal injury repair include:

Swollen, tight and bruised nasal and cheek region, including bruising and swollen eyes. Nasal stuffiness, post-nasal drip and headache. Numbness or swelling in the region of the nose, lips and cheeks. These are normal experiences as the skin, facial bones, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses over your eyes and nose. Do not apply ice or anything frozen directly on the skin. Do not apply anything cool on your cheeks or neck. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently, do not apply pressure. Apply cool compresses for no longer than 20 minute intervals. Do not apply any heat.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Excessive bleeding or fluid seeping from the nose or mouth.**
- **A severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face or nose.**

SPLINTS- You may have a splint over your nose to protect and support nasal structures as you begin to heal. **Do not remove this splint for any reason unless directed.**

PACKING- Nasal packing may be used to help support nasal structures during initial healing and to prevent drainage from secreting into your throat. **Do not remove packing for any reason.** The doctor will remove your packing.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed.
- **Change your dressings.** You may have gauze taped beneath your nostrils. These will become soiled with blood and drainage. With the assistance of your adult support person, change these frequently. This is important to hygiene and to your comfort.
- **Care for any external incisions** you may have in the area of your nostrils or at any donor site. Do not remove any stere-strips or crusting near your stitches. Apply ointment as directed.
- **Do not blow your nose for any reason.** If you must sneeze, do so through your mouth.
- **Do not allow heavy glasses to rest on your nose.** Wearing contact lenses may be uncomfortable.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Take care of no one, including yourself. Let others tend to you.
- **Bruising and swelling may increase in the first few days following surgery.** If this is accompanied by acute pain, or a severely distorted appearance, contact our office immediately.
- **Practice daily sun protection.** SPF 30 is essential regardless of the weather or your activities. Do not go outdoors without your splint and a hat to shade your nose.

- **Apply skincare cautiously.** Do not use any glycol, retinoid or other potentially irritating skincare products near your eyes or on your face.

ONE TO FOUR WEEKS FOLLOWING SURGERY

As you resume your normal daily activities, you must continue proper care and healing.

- **Any bruising and swelling should begin to improve.**
- **Refrain from direct sun exposure.** Continue to wear your sunglasses. If you are outdoors, apply at least SPF 30 no less than 30 minutes prior to sun exposure. Your eyelids and face are highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Do not smoke.** While incisions may have healed, smoking deprives your body of necessary oxygen that can result in poorly healed, wide, raised scars.
- **You may begin sleeping in a modified reclining position.** However do not sleep lying flat or on your stomach. If you are a side sleeper, two pillows under your head and a soft pillow under your mid-back and shoulders may offer more comfort.

SIX WEEKS FOLLOWING SURGERY

Healing will progress. Swelling and bruising will diminish.

- **Bruising, discomfort and tightness will continue to improve.**
- **You may ease into your regular fitness routine.** However, if you are going to engage in any contact sports you must wear proper protection.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.

YOUR FIRST YEAR

- **Your scars will continue to refine.** It may take a year for all swelling to resolve and for your nasal appearance to settle to a final outcome. Nasal injury repair is the most intricate of plastic surgery procedures and healing is often unpredictable as delicate nasal bones may shift in healing. The outcomes may not be as expected. In some cases a secondary procedure may be recommended to refine your outcomes.
- **Your appearance will change with age.** Like any facial feature, your nose can change as you age. Call us at any time with any questions or concerns.

POST-SURGERY INSTRUCTIONS: FACELIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3-4 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of facelift surgery and signs to watch out for include:

Tightness or numbness of the cheeks, face, and neck. Bruising and swelling beneath the eyes. A pale, swollen complexion. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

If you have a drain placed in any incision, you may also experience localized discomfort at the drain site.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance or excessive bruising or fluid retention that is localized to one region.**

COMPRESSION

You may be placed in a compression garment or wrap immediately following surgery. Wear this exactly as directed. Remove it only as directed for cleansing incisions or showering.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover. Do not do any exercise other than light walking.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed. If you do not want to take narcotics, then you may take only Tylenol for pain. DO NOT combine Tylenol with narcotics.
- **Keep your incisions clean.** Your incisions will seep fluid and some blood for a short time after surgery. A Q-tip with peroxide is appropriate for gently removing crusting near stitches. Do not remove any staples, sutures or steri-strips. If you have any drains placed, follow the instructions for cleansing and caring for drains.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not stress your eyes. Let others tend to you. During this time you will progress with each day that passes. Ease into your daily activities. Avoid anything that can thin the blood: medications like aspirin, Advil, Aleve, Excedrin, Motrin, fish oil, flax seed oil, Vitamin E, tea, herbal strips, etc.
- **You may shower.** Take a warm, not hot shower. Do not rub or pull your incisions. You may use cleanser around the incisions.
- **Do not use makeup.**

AFTER THE FIRST WEEK

As you resume your normal daily activities, you must continue proper care and healing. Ease into daily activities. You will receive clearance to begin driving or return to work at your post-operative visit.

- **Continue to cleanse wounds as directed; you may shower and shampoo your hair.** Take a warm, not hot shower. Be very gentle around incisions. Use a mild shampoo and cleanser and no styling products. If you must dry your hair, do so only with a hand-held hair dryer on the coolest setting and do not allow the compressed air to blow directly onto your incisions or your face. **If your incisions are on the skin**, do not use any makeup until the stitches are removed AND until your incisions no longer have any crusting or scabbing.
- **Resume skincare as directed.** Do not use any glycol, retinoid or other potentially irritating skincare products on your face until you receive clearance to do so. Avoid putting makeup, lotion, sunscreen, or other products on incisions until directed.
- **Refrain from direct sun exposure.** Continue to wear your sunglasses and a wide-brimmed hat. If you are outdoors, apply at least SPF 30 no less than 30 minutes prior to sun exposure. Your face is highly susceptible to sunburn or the formation of irregular, darkened pigmentation.
- **Refrain from any strenuous exercise and from bending or lifting.**
- **You may begin sleeping in a modified reclining position.** However do not sleep lying flat or on your stomach. If you are a side sleeper, two pillows under your head and a soft pillow under your mid-back and shoulders may offer more comfort.

ONE MONTH AFTER SURGERY

Healing will progress. Swelling and bruising will diminish.

- **You may ease back into your regular fitness routine.** However use of protective eyewear and a hat are necessary when outdoors.
- **Discomfort or tightness and tingling will continue to improve.** Sensation should return to normal by 3 to 4 months.
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.
- **You may notice some hair loss at incision sites within the scalp.** This is normal. If it becomes excessive, or the hair sheds in clumps, please notify our office.

YOUR FIRST YEAR

- **Continue good skincare and sun protection, healthy nutrition, and fitness.**
- **Schedule and complementary procedures, as recommended.** Botulinum injections or other skincare treatments may be recommended to enhance your results, and to help your results be long-lasting.
- **Your scars will continue to refine.** If they become raised, red, thickened, or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines on year after surgery.
- **A one-year post surgery follow-up is recommended.** However you may call our office at any time with your concerns or for needed follow-up.
- **Your appearance will change with age.** Your facial appearance may change too. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.

POST-SURGERY INSTRUCTIONS: CORONAL BROWLIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have good outcomes. **Final results take 3 to 6 months.**

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms and signs to watch out for following brow lift surgery include:

Tightness in the scalp, forehead and brow. Bruising and swelling in the eyelid region. These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

Asymmetry: the brows look different, or heal differently. The brows may look or feel quite different from one another in the days following surgery. This is normal. No face in nature or following surgery is perfectly symmetrical.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen brow or eye, or fluid retention that is localized to one region.**

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your scalp forehead and brows. Do not apply ice or anything frozen directly to the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply directly to the forehead, brow and eyes, but do not apply any pressure. Apply cool compresses for no longer than 20-minute intervals.

Compression- you may be placed in a compression or wrap immediately following surgery. Wear this exactly as directed. Remove it only directed for cleansing incisions or showering.

FOR THE FIRST WEEK

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you.

- **Rest, but not bed rest.** While rest is important in the early stages of healing, equally important is that you are ambulatory: meaning that you are walking under your own strength. Spend 10 minutes every 2 hours engaged in light walking indoors as you recover.
- **Recline, do not lie down.** This will be more comfortable for you, and can reduce swelling. Always keep your head elevated. Do not bend forward or over.
- **Good nutrition.** Fluids are critical following surgery. Stick to non-carbonated, non-alcoholic, and green tea-free beverages including fruit juices and water, milk and yogurt drinks. You must consume at least 8 ounces of fluid every 2 hours. Stick with soft, bland, nutritious food for the first 24 hours.
- **Take all medication, exactly as prescribed.** Take pain medication only as needed. If you wish to take non-prescriptive medications, take ONLY Tylenol.
- **Keep your incisions clean.** Your incisions will seep fluid and some blood for a short time after surgery. A cotton swab soaked warm water is appropriate for cleansing incisions. Do not remove any crusting near your incisions. Do not remove any staples, sutures, or steri-strips.
- **Do not smoke.** Smoking can greatly impair your safety prior to surgery and your ability to heal following surgery. You must not smoke.
- **Relax.** Do not engage in stressful activities. Do not lift, push or pull anything. Take care of no one, let others tend to you.

AFTER THE FIRST WEEK

- **Continue to cleanse wounds as directed. You may shower and shampoo your hair.** Take a warm, not hot shower. Do not rub your scalp or your incisions. Use a mild shampoo and no styling products. If you must dry your hair, do so only with a hand-held hair dryer on the coolest setting and do not allow the compressed air to blow directly onto your incisions.
- **Apply ointment and skincare as directed.** Do not use any glycolic, retinoid or other potentially irritating skincare products on your face.
- **Take medications and supplements as directed.** Take pain medication and muscle relaxants only as needed. You may wish to switch from prescriptive pain medication to acetaminophen or ibuprofen. You may resume aspirin products, tea and supplements.
- **Refrain from any strenuous exercise and from bending or lifting** until 2 weeks after surgery. Afterward, advance as tolerated.
- **Maintain a healthy diet. Do not smoke. Do not consume alcohol.**
- **Refrain from direct sun exposure.** Continue to wear your sunglasses and a wide-brimmed hat. If you are outdoors, apply at least SPF 30 no less than 30 minutes prior to sun exposure. Your face is highly susceptible to sun burn or the formation of irregular, darkened pigmentation.
- **After incisions are healed without any scabbing or crusting,** you can start using silicone based scar cream such as Silagone or ScarAway.

ONE MONTH FOLLOWING SURGERY

Healing will progress and your body will settle into shape and position.

- **You may ease into your regular fitness routine.** However, protective eyewear and a hat are necessary when outdoors.
- **Discomfort or tightness and tingling in your forehead, brow and scalp will start to resolve.**
- **No need to resume smoking.** You have now gone 10 weeks (4 weeks prior to surgery and 6 weeks following) without a cigarette. For your long-term health, there is no need to resume smoking.
- **You may notice some hair loss at the incision sites.** This is normal. If it becomes excessive, or the hair sheds in clumps, please notify our office.

YOUR FIRST YEAR

- **Continue healthy nutrition, fitness and sun protection.**
- **Schedule any complementary procedures, as recommended.** Botulism injections or other treatments may be recommended to enhance your results, and to help your results be long-lasting.
- **Your scars will continue to refine.** If they become raised, red, thickened or appear to widen, contact our office. Early intervention is important to achieving well-healed scars. Scars are generally refined to fine incision lines one year after surgery.
- **A one-year post surgery follow-up is recommended.** However, you may call our office at any time with your concerns or for needed follow-up.
- **Your appearance will change with age.** Your facial appearance may change too. You may wish to undergo revision surgery at a later date to help maintain your appearance throughout life. Contact our office with any of your questions or concerns, at any time.