

POST-OPERATIVE INSTRUCTIONS

General Information: NO ASPIRIN or IBUPROFEN SUCH AS ADVIL, ALEVE, NAPROXEN OR BLOOD THINNERS FOR ONE WEEK AFTER CLOSURE.

1. Local anesthesia tends to wear off within one (1) hour after completion of the procedure.
2. If you need pain medication, please take with food. Please keep in mind Pain Medication contains Tylenol so please take either Pain medication OR over the counter Tylenol but NOT both together.
3. No smoking of any kind before and after any surgery. Please reduce your exposure to second hand smoke as well. Smoking can decrease the blood supply to the flap and surgical site causing delayed healing.
4. To reduce swelling: Recommend sleeping in an elevated position for the first 2-3 nights and avoid sleeping completely flat, eat a low sodium diet, and recommend ice application of 20-30 minutes on and then 20-30 minutes off for the first 2-3 days as often as desired.
5. Please keep in mind-swelling and some bruising will be the most significant for the first 1-2 days after the procedure. Due to swelling-asymmetries noted to the face can be present and this will resolve after the first 3-5 days.
6. Numbness after the procedure is normal and will return to normal after a few weeks.
7. Avoid direct physical contact to the incision site. As a general rule, avoid sporting activities or aerobic activities for 7-10 days after surgery.
8. Remove DRESSING applied on the day of the procedure----Remove dressing the next morning-THEN START CLEANING.
9. Start cleaning the incision area after 24 hours OR the next morning if dressing instructed to be removed by performing the following:
Use a q-tip and moisten with Hydrogen Peroxide—in a gentle rolling motion clean the incision. Hydrogen Peroxide will prevent scab formation and crusting and is an excellent anti bacterial agent. Hydrogen peroxide will also help dissolve any dried blood along the incision. THEN use a q-tip to apply antibiotic ointment (ok to use Bacitracin or Neosporin or double or triple antibiotic ointment) to the incision to keep moist. Clean with Hydrogen Peroxide followed by antibiotic ointment application 3-4 times a day until your first post operative appointment in the office for suture removal.
You can leave the surgical site open to air at home, but if you are returning to work or if you will be going outside with exposure to the sunlight—then please conceal with a band-aid or dressing.
10. **Please keep DRY and do NOT shower for 36 HOURS (2 days)**—You may shower and recommend washing the incision with mild cleanser or soap or shampoo after 36 hours. Ok to use a gentle cleanser such as dove soap, or cetaphil cleanser, etc. to wash the incision. **Recommended to use fingertips to wash over**

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- incision to keep clean.** No facial cleansers to the surgical site that contains salicylic or glycolic acid or retin-A products for a few weeks.
11. Sutures will be removed in the office approximately after one week.
 12. No sunscreen or make up to the incision to camouflage the surgical site for two weeks (two weeks from the date of the procedure). After two weeks, please apply sunscreen to the surgical site to prevent hyperpigmentation or discoloration to the incision site.
 13. You may resume your diet/meals within (1) hour of procedure.
 14. If you note significant swelling or drainage or bleeding or pain that is un tolerable-please contact our office or proceed to ER if it is after hours.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.
Office 312-695-8182 OR Erin Hoke, PA-C 312-695-0369