



## INCISIONAL SKIN CARE FOR SPECIFIC SURGERY TYPES

**Please watch the following videos, which correspond with the instructions below:**

- Pre-op instructions for facial surgeries  
<https://www.youtube.com/watch?v=Xd0aCTXptyk&feature=youtu.be>
- Post-op instructions for facial surgeries  
<https://www.youtube.com/watch?v=eTuQ0VafhXQ&feature=youtu.be>

Post-operative swelling and bruising becomes apparent within the first 48 hours after surgery. It begins to resolve after the first week but may take 2-3 weeks to fully resolve. Most patients are able to resume the majority of their normal activities within 2-3 weeks. However, you will see your “final result” of surgery within 2 months to one year after surgery, depending upon which procedure(s) you are having done.

When using ice packs to reduce swelling within the first 48 hours after surgery, be sure they are lightweight. NEVER APPLY ICE DIRECTLY TO THE SKIN. Dipping gauze pads into iced water works well. **DO NOT APPLY ICE TO RESURFACED SKIN.**

Always protect your face from the sun use a wide brimmed hat or visor and wear sunglasses. Approximately 7 to 10 days after surgery you may resume the use of sunblock (SPF 30 or higher with zinc oxide or titanium dioxide) and cosmetics with sunscreen such as Jane Iredale products, which can be purchased in the Q Medical Spa. If you have any questions regarding sunblock please ask our medical staff.

Please see our detailed information below specific to each procedure. Only the checked box pertains to you.

- Submental Liposuction**

You will have incisions with sutures under the chin and behind both earlobes. You will need to care for these incisions twice a day by cleaning with hydrogen peroxide and applying the antibiotic ointment provided to you. The first night you will have a large, gauze pressure dressing. You will be seen the next morning, and that dressing will be removed. After examining you, an ace wrap will be applied. You should wear the ace wrap (should not be tight) at all times for 5 days, removing it only to perform your incision care. After 5 days, you are only required to wear the ace wrap while sleeping for an additional 7 days. Chin sutures will be removed on day 5, and ear sutures will be removed on day 7.
  
- Chin Augmentation**

Keep chin tapes clean and dry. They will be removed approximately 4-5 days following surgery. You will have sutures underneath the tape, which will also be removed on that day. It is normal for the chin to feel numb weeks to months after chin augmentation.
  
- Oral Care for Intraoral Incisions (Buccal Fat Extraction and Lower Lip Augmentation)**

Keep lips moist with Vaseline. A few times daily and after meals, you should gargle warm water mixed with salt. Do not swallow this mixture. Avoid dairy products for the first 5 days. Apply cold, wet compresses on the skin surrounding the surgical site (cheeks for buccal fat extraction or lips for lower lip augmentation) during the first 48 hours while awake to help reduce swelling.
  
- Lip Lift (Upper Lip Augmentation)**

You will have an incision with sutures under your nose. You will need to care for these incisions twice a day by cleaning with hydrogen peroxide and applying the antibiotic ointment (Polysporin) provided to you. Keep lips moist with Vaseline. Apply cold, wet compresses to your lips during the first 48 hours while awake to help reduce swelling. Do not apply cold compresses directly to sutures. Sutures will be removed on days 5-6 and possibly on day 7.
  
- Cheek Augmentation**

A few times daily and after meals, rinse your mouth with a solution made of 1 tsp of salt and 8oz of warm water. Do not swallow this solution. Avoid dairy products for the first 5 days. Your sutures that are inside your mouth will dissolve on their own. The tape on your cheeks and suture will be removed on day 5 post operatively. It is normal to have some swelling and some bruising during the first 7 to 10 days following surgery.

**CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:**

- Fever of 101 degrees or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding, and or/foul smelling drainage from an incision site
- **Significant** asymmetrical swelling in a bilateral procedure
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes
- Problems with drains that are not solved using the troubleshooting instructions that are provided
- Persistent nausea and/or vomiting

\***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000)

**EMERGENT surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY Line (585-258-4851)**

I have reviewed and understand the terms of this consent.

**If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.**

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Name (print): \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_