



General Aftercare Instructions for all Surgery Patients

24-hours after your procedure: Ice during the day and evening of surgery, and cold moist compresses are used continuously to minimize swelling and control bruising (30 minutes on, 15 minutes off). DO NOT ICE AREAS IF HAVING FAT TRANSFER. Puffiness and bruising can occur; if present, usually regress over the next few days. There are several techniques for icing which are effective. The glove with ice and cool compresses are the preferred methods. Icing for 24-48 hours is recommended, icing after this period can be used for comfort.

Wound care: Incisions should be cleaned twice per day. Start cleaning your incisions the day after surgery. Gently clean the sutures with either a Q-tip or gauze dipped in hydrogen peroxide. Next, gently pat dry your incisions with a piece of dry gauze. Finally, apply a generous amount of antibiotic ointment (polysporin/bacitracin/ Stratamed) to the incisions.

Sleep: Sleep with the head of the bed elevated or use two to three pillows for one week after surgery.

Activity: Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb onto your lap. Three weeks after surgery you may resume full activity without medical restrictions. Seven to ten days after surgery it is okay to participate in some light walking. It is advised that you resume your workout regimen slowly, as your body may fatigue a little easier than usual.

Exercise: No strenuous activity (aerobics, yoga, heavy lifting) for 3 weeks after surgery.

Bathing: Bathing is fine as long as you don't get your incisions wet for a minimum of two days after surgery. After two days you may shower; do not scrub directly on your incision.

Diet: Advance diet from liquids to soft food to your regular diet as tolerated.

Sun exposure: Your skin should be protected from sun exposure for at least six months after surgery. Sun avoidance or protection with a hat is preferred. You may begin wearing sun block three weeks after surgery. Use a sunblock with a minimum sun protection factor of 30 that has both UVA and UVB protection.

Makeup: Makeup over the suture lines can be started 12 days after surgery to camouflage any bruising or redness. Makeup can be used earlier (one week) over areas such as the neck or cheeks if there is bruising that needs to be covered up.

Optimal scar management: Drs. Lieberman & Parikh recommend an initial set of strategies to help minimize the risk of scar formation. This includes the use of a new generation liquid silicone gel – Strataderm. This should be combined with UV protection of the incisions and hydration. Our customized scar management kits are available for purchase in the office.

Please call us if you have any questions about your aftercare at (650) 327-3232. If you need to reach us after normal clinic hours, use the same number and you will be connected to our 24-hour answering service.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degree F or greater
- Pain not relieved with pain medication
- Swelling, redness, bleeding and or foul drainage from an incision site
- Persistent nausea and/or vomiting
- Any other concerns