

Pre- and Post-Operative Instructions



Maxillofacial, Facial Plastic & Reconstructive Surgery

DAVID K. HIRANAKA

MD, DMD

- For Facial Surgery

Pre-Operative Checklist:

- Do not eat or drink anything for **8 hours** prior to your surgery.
- Regular medications are allowed to be taken with a sip of water (ask your doctor).
- A responsible adult must accompany you and be available to drive you home after your surgery.
- Do not wear make-up, jewelry, or contact lenses on the day of surgery. Leave any valuables at home.

Pre-operative Checklist:

- Wash your face with **Hibiclens** soap at bedtime and in the morning just before coming to the surgery center.
- Obtain your suture line care materials, prescriptions, etc. before the day of surgery.
- **Smoking** should be stopped at least 2 weeks before and 2 weeks following surgery.

Vitamins/Supplements to Enhance Healing:

Begin 3 days prior, and continue for 5 days after surgery.

- **Vitamin A** 25,000 u/day = 3 tablets/day
- **Bromelain** 1000 mg twice a day
- **Vitamin C** 250-500 mg a day



Stop taking the following 2 weeks prior to surgery:

- Aspirin
- Garlic
- Vitamin E
- Ginkgo Biloba
- Fish oil



Stop Smoking!

- **Smoking** should be stopped at least 2 weeks pre- AND post- surgery.
- Smoking impairs circulation and impedes proper healing.
- Scarring and wound problems are much more likely if you continue to smoke!

Postoperative Care of Your Skin Stitches:

Supplies Needed:

- 3% Hydrogen Peroxide
- Cotton tip applicators (Q-tips)
- Bacitracin Antibiotic Ointment



Postoperative Care of Your Skin Stitches:

- Mix 1 Tbsp peroxide with a cup of tap water in a small container. Discard after each use.
- Use Q-tips and peroxide solution to clean all blood and material from the incisions. Repeat at least 3 times per day.
- Cover the incision with antibiotic ointment.
- Do not apply any bandages or other materials unless otherwise instructed.



Cleansing wound with
Q-tips/peroxide solution

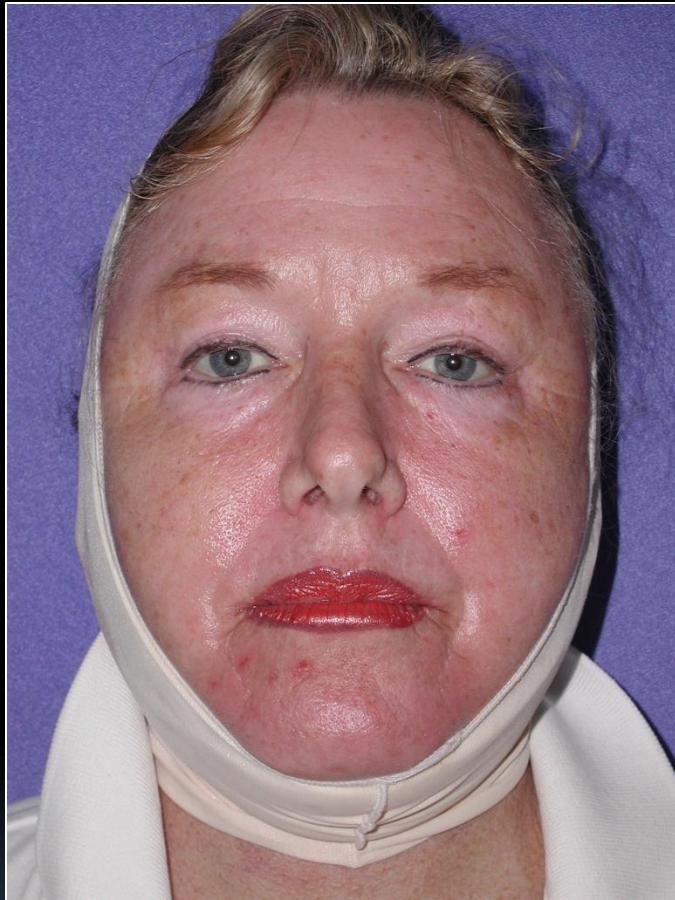
Applying ointment



Incision Care:



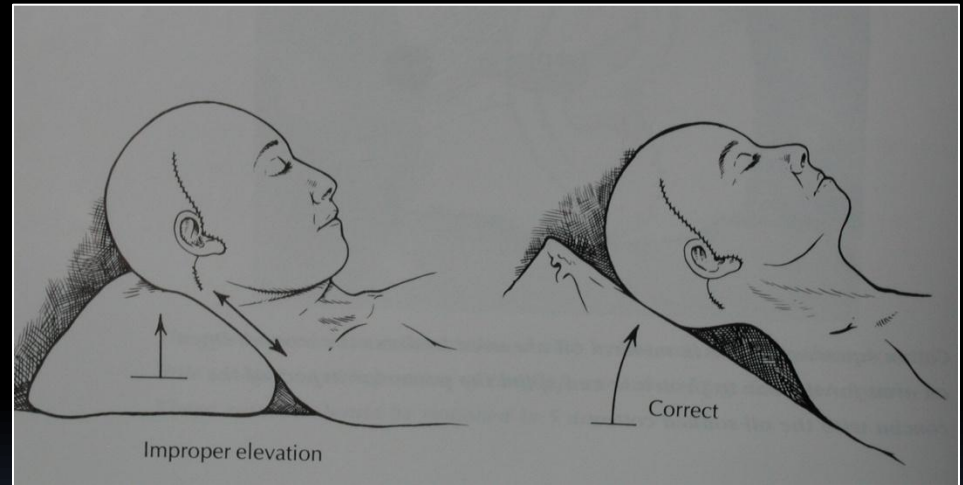
Postoperative Garment



Depending on the type of surgery you undergo,
you may or may not have to wear a
compression garment

Position When Sleeping

- **Elevate your head and back** using 3 pillows when you sleep or rest.
- Do not lay flat on your back as this will increase your swelling.



ICE (Cool Packs)

- Ice must be used over the surgical area (20 minutes on, 20 minutes off) as much as possible while you are awake.
- A bag of **frozen peas** or a **moist towel placed in the freezer** conforms to the shape of your face and neck nicely.
- Use the ice for the first 48 hours after surgery.

ICE (Cool Packs)



Gauze soaked in ice water
Cool jell eye pack



Cooling garment with
pockets for ice

ACTIVITY

- During your first postoperative day, stay up as much possible.
- Sit, stand or walk around rather than remain in bed during the day.
- Avoid bending over or lifting more than 5 pounds during the first week.
- Protect your face and neck from bumps, hits or injuries!

DIET

- Adequate fluid intake is important.
- Begin with fruit juice, water, and soft drinks sipped frequently.
- Eat soft, easily chewed foods.
- Resume your regular diet as you tolerate it.

HAIR CARE

- After a facelift we will wash your hair for you after surgery.
- You may wash your hair beginning 3 days after surgery.
- A mild baby shampoo is recommended.
- Pat dry and then do incision line care after washing hair.

COSMETICS

- You may apply cosmetics one week after surgery.
- Make-up applied too soon may delay wound healing or cause “tattooing.”



SUN EXPOSURE

- Protect your facial skin from excessive sun exposure for one month after surgery.
- Ordinary exposure is not harmful, but a sun-block should always be used.
- A broad-brimmed hat is recommended during your healing period.

SPORTS

- No swimming, gym, or strenuous activities for one week.
- Walking is encouraged as soon as possible after surgery.
- No surfing or diving for one month.

PAIN MEDICATIONS

- Start with **Naproxen/Tylenol** Combination
- If you require stronger medication you may use oxycodone for 1-2 days. Take one tablet at 6-8 hour intervals as needed.
- Do not drive or operate machinery while taking medications containing narcotics.
- These medications may cause nausea, dizziness, light headed, and/or constipation.
- Call the office if you have any questions concerning any side effects.

ANTIBIOTICS

- Depending on the type of antibiotic you are prescribed you will be instructed to take one tablet 2, 3, or 4 times per day.
- The important point is to take the antibiotic until it is gone.

DEXAMETHASONE

- This medicine is used to control swelling and inflammation.
- Take one tablet 3 times a day until done.

Report the Following!

- **Sudden** or excessive bleeding, swelling or bruising.
- Any itching, rash or reaction to medications.
- Fever, temperature over 100 degrees.
- Any injury to the face.
- We are available 24 hours a day.

Questions?

Remember:

- Nothing to eat the morning of surgery
- Ride to and from surgery
- No aspirin, vit E, garlic, or ginkgo
- No smoking for 2 weeks
- No drinking alcohol for 1 week