



## HELPFUL HINTS AND SUPPLIES FOR FACIAL SURGERY

1. For your protection, leave all valuables and jewelry at home. Dress in clothes that are easy to get in and out of. We suggest button-down-the-front, no “over the head” clothing. When in public a scarf serves as an excellent head cover.
2. We ***require*** that you have someone stay with you for the first 24-48 hours after surgery for assistance and monitoring. This is ***very important*** so be sure and make arrangements before surgery.
3. You may want to purchase a few helpful supplies ***prior*** to surgery.

**Tylenol-** You may not take any type of aspirin containing medications, Motrin, Advil, Nuprin, Motrin, Aleve, Ibuprofen, for at least two weeks before and after surgery. In case of a need for an analgesic Tylenol is the drug of choice. Prolonged usage of prescribed pain medication is not recommended as it has many side effects, which can interfere with recovery. Some of these include constipation, nausea, loss of appetite, sleep disturbances and just a generalized sensation of not feeling well.

**Metamucil-** We advise you to have some type of stool softener or gentle laxative agent to help with constipation. It is a good idea to remember to drink adequate amount of water, approximately eight glasses a day.

**Dietary-** You may see a change in your appetite. We suggest you try to keep something light in your stomach. Some light foods to try are soup, crackers, toast, oatmeal, rice, ginger ale or 7UP. Also, Gatorade is a really good drink to help with replenishing your hydration needs.

**Ice Pak-** For eyelid surgery ice should be applied intermittently for the first 24 hours. This helps to reduce swelling. Bags of frozen peas are a gentle ice compression, as it contours easier to the affected area. Your head should be elevated above your heart. A recliner makes the best bed for your first night!

**\*\*\*Natural tears or Lacrilube is highly recommended. These are both over the counter items to help keep the eyes moist. Bacitracin antibiotic ointment is also recommended for an antibiotic ointment for incision lines**