



GRAPER
COSMETIC
SURGERY

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POSTOPERATIVE MYELOPLASTY INSTRUCTIONS

1. Take medications as directed. **DO NOT** mix alcohol and medications. **DO NOT** take aspirin or any medications containing aspirin for two weeks. If you are taking an antibiotic, be sure to finish it.
2. Elevate your head on at least two pillows until your doctor allows you to lay flat and wear your chin strap. This helps to keep swelling down. Do not turn head from side to side as this motion, done too soon, can produce bleeding. Turn your whole body, but not your neck. Do this for one week postoperatively.
3. A partially frozen bag of peas or anything cold applied to the face works well to help reduce swelling for the first 48 – 72 hours.
4. You may wash your face with a mild soap immediately after surgery. You can remove the dressing on the first day after surgery, shower and replace the chinstrap. You should clean the incisions with peroxide or soap and water to remove any crusts that have formed, then apply clean Vaseline to the incision lines and a Band-Aid. Any small bleeding produced by cleaning is not unusual and can be easily stopped by gentle pressure.
5. Make up may be worn after 7 days, but not on the incision lines until all the crusts are gone. Remove the make up very gently to avoid irritation.
6. You may have a regular diet, but soft foods are best at first, such as grits, scrambled eggs, etc. Diets with low salt and high protein will minimize swelling. High carbohydrate and high salt diets will increase swelling.
7. If you are a smoker, it is absolutely essential that you quit now. Smoking retards healing and will cause severe healing problems during recovery because it reduces the circulation. Smoking can cause permanent scarring from open wounds that would not occur except from smoking. This applies for anyone smoking in your presence as well.
8. Do not turn your neck for the first seven days after surgery. Turn your entire body instead. This will enhance the skin adhering to the underlying muscle and prevent fluid accumulation. You may move the neck 45 degrees to each side beginning one week post op. The chin strap is worn at all times for the first week then when at home for a total of three weeks.
9. Report any severe or one-sided swelling and/or excessive bleeding.
10. Sunscreen is essential to prevent skin discoloration for the first twelve months after surgery. This may be started when all the crusts are gone. Retin-A may be restarted with your doctor's permission.
11. Move your legs and feet often to prevent dangerous blood clots in the legs. Taking big breaths and coughing will restore normal lung function after anesthesia.
12. Please call our office if you have any questions.
13. Call our office soon to schedule your first post-op visit on _____.