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Facial Plastic and Reconstructive Surgery
Otolaryngology – Head and Neck Surgery
Center for Facial Paralysis
Providence Medical Group
www.washingtonplasticsurg.com

Important phone numbers:

1. Providence Regional Medical Center Everett: (425) 261-2000
2. Providence Mill Creek ENT Clinic: (425) 316-5100
3. Providence North Everett ENT Clinic: (425) 297-5350

NERVE TRANSFER SURGERY
BEFORE AND AFTER YOUR SURGERY

Thank you for choosing Providence Facial Plastic and Reconstructive Surgery for your care. Please follow these instructions for care of your wound. Do not hesitate to let us know if you have any questions.

Before your operation:

1. Do not take any of the following medications for 4 weeks prior to surgery:
 - a. Aspirin (unless it is a 81 mg dose required by your primary care provider)
 - b. Advil containing compounds (Motrin, Alleve, etc.)
 - c. Herbal supplements (Ginko, Ginseng, Garlic, etc.)
 - d. Fish oil
 - e. Vitamin E
2. Do not smoke for at least 6 weeks before AND after surgery. This includes tobacco, marijuana, cigars, pipes, etc.
3. Do not drink alcohol for 7 days before surgery.
4. Make sure to purchase a few things over the counter:
 - a. Gauze pad
 - b. Ice Pack
 - c. Salt

Specific aftercare instructions:

1. While sleeping, keep your head elevated on at least two pillows for the first 2 weeks after surgery so your head is at 20 degrees or more. This will help your swelling.
2. The head wrap should be worn all day and night for the first 3 days. You may remove it only to shower.
3. The swelling will peak at 48 – 72 hours post-operatively.
4. DIET:

- a. On the day of surgery, you may start with a liquid diet and then advance to a soft food diet for 6 days. At the 7 day post-operative point, you may have a regular diet.
 - b. Minimize your salt intake to help reduce swelling.
 - c. Do not drink alcohol – alcohol and pain medications taken together can be dangerous. Alcohol can also worsen your swelling.
5. It's ok to shower 48 hours after surgery. You may shampoo your hair at that time. Be very careful with the incision and try not to get shampoo on the wounds.
6. WOUND CARE:
- a. For your wound, GENTLY clean with mild soapy water twice daily. For crusts, clean with a cotton-tipped applicator soaked in ½ strength hydrogen peroxide three times daily using a rolling motion. Apply bacitracin to the wounds three times daily. After three days, discontinue use bacitracin and use Aquaphor® instead.
 - b. Apply ice packs to the wound 20 minutes of each hour while awake for the first 2 days.
7. No hair coloring for 4 weeks after surgery.

General Instructions:

1. ACTIVITY:
 - a. No strenuous activity (anything that increases your heart rate above 100 beats per minute such as aerobics, heavy lifting, bending over) for 4 days after surgery.
 - b. You SHOULD start walking as soon as possible after surgery.
2. Swelling will continue to improve over the next few weeks.
3. No swimming or sitting in hot tubs for 4 weeks after surgery.
4. *Call the office immediately if:* you have nausea, vomiting, rash, shortness of breath, diarrhea, a fever, large amounts of bleeding, redness or increased pain at the surgical site.