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Facial Plastic and Reconstructive Surgery  
Otolaryngology – Head and Neck Surgery  
Center for Facial Paralysis  
Providence Medical Group  
[www.washingtonplasticsurg.com](http://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

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**SKIN 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. Aquaphor<sup>®</sup>
  - b. Non-adherent gauze pad
  - c. Gauze pad
  - d. Hydrogen peroxide (you will dilute this 1:1 with clean water)
  - e. Paper Tape
  - f. Cotton tipped applicators
  - g. Ice packs
  - h. BioCorneum Scar Treatment Plus SPF<sup>®</sup>

**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 swelling will peak at 48 – 72 hours post-operatively.
3. Usually, Dr. Bhama will recommend only Tylenol and Ibuprofen for pain. You can take these around the clock per the instructions on the bottle. If required, you may take extra narcotic pain medication if prescribed.
4. DIET:
  - a. On the day of surgery, you may start with a soft diet and then advance to normal as tolerated.
  - 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.
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.

#### 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 weeks after surgery.
  - b. After the first two post-operative weeks, you can slowly increase your activity level until back to normal levels at the 4-week point.
  - c. You SHOULD start walking as soon as possible after surgery. This will help reduce your risk of blood clots and improve swelling.
2. Swelling will continue to improve over the next few weeks. It takes up to a full year for the swelling to completely resolve.
3. Avoid wearing clothes that need to be pulled over your head, like a turtleneck. The pressure on your nose can move important grafts that were used in your surgery.
4. *Call the office immediately if:* you have nausea, vomiting, rash, shortness of breath, diarrhea, a fever, redness or increased pain at the surgical site.

#### Long-term care:

1. The facial skin is very sensitive to ultraviolet light after surgery. Keep your face out of the sun as much as possible. Wearing a wide-brimmed hat and using sun block can be helpful. Our Mill Creek Plastic and Reconstructive Surgery clinic sells an ideal sunblock for this purpose.
2. Start massaging the incisions and using scar cream 3 weeks after surgery.
3. Do not use make-up, sunblock, oils, lotions, or any other supplements to the skin until 4 weeks after surgery.