

## CONTOUR THREADS POSTOPERATIVE INSTRUCTIONS

*PLEASE NOTE: THESE INSTRUCTIONS ARE TO BE FOLLOWED AS A GENERAL GUIDELINE. DR. WARNOCK WILL DISCUSS WITH YOU THE EXACT INSTRUCTIONS HE WISHES YOU TO FOLLOW AFTER YOUR INDIVIDUAL SURGERY. IF YOU HAVE ANY QUESTIONS, PROBLEMS, WORRIES, OR WANT CLARIFICATION OF INSTRUCTIONS, PLEASE FEEL FREE TO CALL THE OFFICE (571-2020). THE OFFICE IS OPEN FROM 9:00AM TO 5:00PM MONDAY THROUGH FRIDAY. FOR AFTER HOURS, WEEKENDS OR HOLIDAYS, DIAL THE OFFICE AND ASK THE ANSWERING SERVICE TO CONTACT DR. WARNOCK*

1. Fill Prescriptions: Percocet, one or two every 4-6 hours OR Lortab, one or two every 3-4 hours as needed for pain. Phenergan, one every 6 hours as needed for nausea. Duricef, one twice daily for 7 days to guard against infection.
2. Apply ice packs to the face and neck areas for 24-48 hours postoperatively. While these compresses need not be done 24 hours a day, they should be done as much as possible in the early postoperative period. Ice should never be directly applied to the skin; rather ice water compresses or ice placed in a baggie and wrapped in a towel is a preferable way to administer compresses.
3. Keep the head elevated at approximately a 30-degree angle for 7 days postoperatively to reduce swelling. (It is best to lay on your back with two pillows placed behind both shoulders and neck).
4. Do not take any aspirin or aspirin-like drugs (Advil, Motrin, Ibuprofen, etc.) or Vitamin-E for two weeks postoperatively. These drugs cause bleeding. If needed, you may take Tylenol. If you have any questions concerning any medications, contact Dr. Warnock.
5. Avoid applying creams to incision areas.
6. The patient should leave the dressings intact and will be seen in the first 1-2 days after the surgery for removal of these bandages. Do not remove any of the dressings. Call Dr. Warnock should there be any excessive drainage on any part of the bandage that concerns you.
7. Sponge bathing is permitted for the first two or three days. Showers will then be permitted after the dressings are removed. The patient should use a mild shampoo without conditioners for shampooing and shampoo every other day for several weeks after surgery. Make-up is allowed after 4 days.
8. No pulling down on facial areas for 3-4 weeks. Minimize facial expressions. The patient may have any soft diet, but excessive chewing should be avoided for one week postoperatively. Avoid salty foods, as they will increase the swelling in your face. Avoid sucking through straws.
9. Watch for any active bleeding, extensive bruising, or abnormal swelling or pain, particularly if the face becomes much more swollen, discolored, or painful on one side versus the other. Small differences in swelling and pain are commonly seen on the two sides of the face.
10. Smoking causes wound-healing problems. It can cause significant breakdown of the incisions and also a loss of skin. It is required for your own postoperative recovery that you not smoke for two weeks following this surgery.
11. No exercising, lifting, heavy exertion, heavy housework, etc. for three weeks. Too much activity can cause excessive bleeding and/or swelling.

ATTENTION TO THESE SIMPLE DETAILS WILL USUALLY LEAD TO A RAPID RECOVERY FOLLOWING THE PROCEDURE. LET THE OFFICE KNOW IF YOU DEVELOP ANY ABNORMAL SWELLING IN THE EARLY POSTOPERATIVE PERIOD, ESPECIALLY IF THE SWELLING IS CONFINED TO ONE SIDE OF THE FACE OR NECK. SIMILARLY, WORSENING PAIN, TEMPERATURE OR REDNESS PRESENT IN THE SKIN OF THE CHEEK OR NECK SHOULD PROMPT A CALL TO OUR OFFICE.