



Facial, Plastic & Reconstructive Surgery

General Instructions

Before Your Surgery

- Do NOT eat or drink after midnight, the night before your procedure. This includes water, gum, and hard candy.
- Do NOT wear jewelry. ALL piercings MUST be removed.
- Do NOT use any perfume, powders, or lotion on the day of surgery.
- Take a shower and brush your teeth, tongue, and gums the morning of surgery. This decreases the risk of infection.
- Wear loose, comfortable clothing.
- Arrange for an adult to drive you home after surgery. You will not be allowed to drive or take a bus, taxi, or Uber home alone.
- Arrange for an adult to stay with you the whole day and evening of your surgery. You cannot go home alone or be left alone due to anesthesia.
- Call your surgeon if you develop a cold, sore throat, cough, fever, or any other illness near the date of your surgery.

Anticipated Time Off Work: Depending on your job, you may need to take off ____ days/weeks.

Travel Restrictions: Avoid out-of-town travel for ____ week(s).

Driving: Do not drive for at least one week, especially if you are still on pain medication or experiencing significant discomfort.

Lifting and Bending: Refrain from lifting anything over 15 pounds for 2-4 weeks. Avoid bending over (e.g., tying shoes or picking up items) for one week.

Diet: Resume your normal diet as tolerated and drink plenty of fluids.

Activity: Engage in light activities, such as walking and leg/calf movements, during the first week after surgery to prevent blood clots. You can resume cardiovascular workouts and weight training 4-6 weeks after surgery, or when your surgeon gives the okay.

When to Call: Contact your healthcare provider at (812) 676-4430 if you experience any of the following:

- Unusual pain, bleeding, swelling, or bruising in the operative area
- Pain that is greater on one side than the other
- Pain not relieved by pain medication
- Signs or symptoms of infection, such as redness, fever, chills, pus from the incision, or excessive drainage
- Difficulty breathing
- Persistent nausea
- A rash