



HOBGOOD FACIAL PLASTIC SURGERY

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Post-Surgery Instructions

1. If there are bandages, leave them in place for 24 hours. After 24 hours, you may remove the top "pressure" dressing. After removing the top bandage, you will see sutures or steri-strips – leave these in place.
2. Begin soaking the area twice (2x) each day with a mixture of one (1) Tbsp white vinegar in one (1) pint of tap water. Soak for 15 minutes, then apply Vaseline or Aquaphor and a bandage. Continue wound care until there is no discharge or crusting (usually 7 days).
3. For the next 48 hours, keep the affected area elevated on two pillows if needed. Hold an ice pack over the surgery site for 20 minutes every 2 hours while awake for the first 24 hours after surgery to decrease swelling. Swelling may be significant, particularly with facial surgery, and peaks 48 hours after surgery. If you experience bleeding from the surgical site, apply firm pressure for 10 minutes followed by an ice pack for 10 minutes. If bleeding persists, call 911 or the Hobgood Facial Plastic Surgery office at 480-214-9955 and press "1" for scheduling (between 8am – 4pm, Mon-Fri).
4. For the next 3 days:
 - a. DO NOT TAKE ASPIRIN, IBUPROFEN, OR ANY OTHER NON-STEROIDAL ANTI-INFLAMMATORY DRUGS.
 - b. DO NOT DRINK ANY ALCOHOL.
 - c. DO NOT DO ANY BENDING OVER OR LIFTING OF OBJECTS HEAVIER THAN 10LBS. This is very important to avoid excessive bleeding and/or wound separation (dehiscence). It takes 4 weeks to develop surgical scar strength so please avoid strenuous activities such as tennis, golf, lawn mowing, or heavy lifting for this period of time to minimize the risk of scar splitting or spreading.
*****Please try to stop smoking for at least 2 WEEKS. This is very important to avoid poor wound healing, infection, and/or unattractive scarring.*****
5. We would prefer that you avoid Neo-Polysporin, Bacitracin, and triple antibiotic ointment since these products often cause a local allergic reaction around the surgical site. This can adversely affect healing and the final cosmetic result.
6. Post-operative redness is a normal reflection of healing. It may take several weeks or even a few months to resolve. It can be effectively covered up using Jane Iredale cosmetics. If redness does not eventually resolve after 4 months, laser therapy may be useful.
7. After one month has passed, please begin gentle massage of the area once each day for 5 minutes. This will help to reduce scar thickness and mold the scar into the surrounding skin.
8. It typically takes 3 months for internal sutures to fully dissolve. As a result, you may feel a lumpiness or firmness at your surgical site for several months after surgery. Rarely, patients will develop one or more pus bumps along their suture line. This is the body's attempt to dissolve the internal sutures. If bumps occur, please call Hobgood Facial Plastic Surgery at 480-214-9955 and press "1" for scheduling to set up a follow-up appointment.
9. Please be patient as you heal. With time, massage and moisturizing, you should achieve an elegant result. Thank you for allowing us to participate in your care.