

**RAPID RECOVERY, POST-PROCEDURE
SUPPLIES & INSTRUCTIONS**

Please follow these directions carefully to get the quickest recovery' and best result from your procedure.

O Supplies & Supplements you will need:

From Health Food Store:

O **Bromelain** — additional supplement to be taken after surgery' to get rid of any bruising From Pharmacy or Grocery Store:

O **Q-tips and Hydrogen Peroxide** — to keep sutures clean of crusting and to apply antibiotic ointment

O **Frozen Peas** — can be used instead of ice to decrease swelling; contours nicely to area applied

O **"U" Shaped Travel Pillow** — to provide neck support and prevent turning from side to side

O **Baby Shampoo** — gentle, non-irritating shampoo and cleanser to use after your procedure

- O Caretaker: For procedures longer than an hour, it is not unusual to feel mildly nauseous, weak and unsteady while the anesthesia wears off. You must have a responsible adult care for you. Take the prescribed medications so that you are relaxed and comfortable, and get a good night's sleep. If you have discomfort that is not relieved by the medication, you can reach the doctor by calling the office at any time.
- O Ice: Apply for 15 minutes every hour when awake for the first few days after surgery to minimize swelling and bruising. Large bags of frozen peas contour nicely to the face, and can be wrapped in a clean, soft towel to protect your skin and make the treatment soothing (for areas that have been lasered, make sure the laser ointment doesn't rub off). After 7-10 days, switch to warm compresses to help bruising dissipate faster.
- O Head Elevation: Sleep on your back, with 2-3 pillows to elevate your head, for the first 7-10 days to decrease swelling. It helps to place a pillow under each arm and under your knees for comfort. Use a travel pillow or a towel rolled into a "U" shape around your head to prevent sleeping on the side of your face.
- O Diet / Supplements: Drink plenty of fluids to avoid dehydration. Resume all the vitamins and supplements you were advised to take before the procedure (Arnica, Vitamin C, Zinc, Vitamin K, B-Complex) and add Bromelain to speed resolution of any bruising. Continue to avoid blood thinning medications (Vitamin E, Aspirin containing products, Alcohol, Caffeine, herbal or homeopathic medications, etc.) for 3 weeks after the procedure. Always take medications on a full stomach to minimize nausea.
- O Activity: Plan on only light activity for the first 7-10 days after surgery (you will tire quicker than usual). Avoid bending, heavy lifting, straining, and grimacing. Resume activities as tolerated after 7-10 days. Strenuous exercise is okay after 2 weeks.
- O Shower: Take a daily, brief room temperature shower starting on the third day after the procedure (no hot tubs, baths or saunas). Use baby shampoo to gently massage your hair: let the bubbles flow down your face over any laser areas and then rinse with cool water. Avoid pulling on suture lines. Gently pat dry with a clean towel (no not rub). Do not use a hair dryer until any staples are removed. Comb carefully. You may color or bleach your hair 2-3 weeks after the procedure.
- O Suture Care: Gently clean any areas of crusting using Q-tips soaked in hydrogen peroxide, and then apply a thin layer of the antibiotic ointment three times a day. Try not to let the suture line dry or scab. If a scab forms, do not pick at it; use the hydrogen peroxide and ointment to keep it moist, and it will fall off by itself.

HUDSON

FACE & EYE

- O Avoid pulling or laying on sutures. If you develop excessive swelling, oozing, drainage, darkening of the skin, temperature greater than 101 degrees or discomfort not relieved by medications. Call our office at anytime. It is normal to have some crusting and redness of incisions. which will resolve with time.
- O Eyelid Surgery: Use lubricating eye drops (artificial tears), as often as you need to decrease crusting. For lower eye lid surgery, apply the eye ointment with a Q-tip to the lower lid lash line before going to bed. It is normal to have a small amount of oozing, and the ointment can make your vision blurry. Inform the doctor if you have any decrease in vision. excessive bleeding, swelling or pain. Your eyes will be tired for the first few days, so it is best to avoid eye strain (listen to soothing music or pick up some books on tape). Tearing and sensitivity are normal and will resolve with time (if you have dry eye, continue with eye drops).
- O Healing: It is normal to have numbness. itching, tingling, and some lightning sensation as nerves recover. Areas may appear firm, bumpy and irregular. this will subside over several months. Ultrasound treatments and skin care products will be recommended to speed recovery. Make sure to keep follow up appointments.
- O Healthy Living: Rest and good nutrition are important healing factors. Avoid toxic substances, including alcohol and caffeine. which can prolong recovery. Avoid sun exposure and tanning—use sunscreen and a wide brimmed hat, and don't be out in the sun for an extended time, especially around noon time. Absolutely no smoking, as this prevents normal healing.
- O Questions / Concerns: Feel free to call the office at any time to reach the doctor or patient care coordinator.

I have read and understand the instructions above (2 pages) and I have been given a copy of this form.

Patient Signature

Staff Signature

Date