

## Post Operative Instructions for Face and Nose

Dr. Michael Johnson

1. Liquids and diet as tolerated.
2. Sleep with the head of the bed elevated on two pillows or in a recliner to help reduce the pain and swelling. Your eyes may be swollen shut in the morning for up to 1 week following surgery. This is not unusual so do not be alarmed.
3. Avoid any exercise, housework, lifting more than 10 pounds or any movement that causes increased pressure in your facial area.
4. Keep your dressing dry. Do not take a shower, a bath is better. You can wash your hair if you tilt your head back and do not get your dressings wet.
5. For constipation you may take a mild laxative such as: Milk of Magnesia, Correctol or Metamucil. Drink a lot of fluids.
6. If you have any stitches, wash them 3-4 times a day with warm water. Try to remove any crusts or scabs over the sutures by soaking them with a warm wet washcloth and rubbing them very gently.
7. Jaw wiring patients only: Liquid diet only. High protein diet or pureed foods. May use Carnation instant breakfast or Ensure shakes if desired. Brush and rinse your teeth with mouthwash several times a day.
8. You may resume normal activities in approximately:

Housework	2 weeks
Exercise	2-3 weeks
Driving	1 week
Return to work	1 week

These are estimates and will be re-evaluated based on each patients individual needs.

9. Please call the office for an appointment in \_\_\_\_\_  
(937)208-2552.