



Lindsey Pennington, MD  
F A C I A L P L A S T I C S

## Postoperative Instructions:

### Lateral Tarsal Strip

Uncomplicated and early healing depends greatly on how well you care for yourself after surgery. Please read the following instructions carefully before your surgery and ask us any questions you may have.

#### Introduction

The following is a list of general instructions for your care following surgery. Please read them carefully several times as most of your questions should be answered here. Instructions for your care will also be reviewed the morning after surgery. Carefully following these instructions should help you get the best results from your surgery.

#### After Surgery

Following your surgery you must have another adult stay with you the first night. You should plan on remaining within thirty miles from the location of your surgery for this first night. It is also important for you **to keep your head elevated the evening after surgery as well as for the first two weeks following surgery**. This can be done by sleeping in a recliner tilted at 45 degrees. This is the preferred method for recovery and tends to be the most comfortable. If there is absolutely no way to have a recliner available to you after surgery, then sleeping with pillows propped up behind you in bed is a second option. Avoid rolling onto your face. Sleeping with an airplane pillow around your neck will help with this.

#### Daily Care

1. Apply ice packs to eyes over the first 12- 24 hrs., important not to fall asleep with ice packs on eyes
2. Gently go over suture lines twice daily with hydrogen peroxide diluted with water (50% hydrogen peroxide & 50% water) on a Q-tip. After this again with a Q-tip apply a liberal amount of prescribed ointment over incision line.
3. You may bathe only after cleared by Dr. Pennington.

4. You will have sutures in place, do not remove them or tug on them, they will be secured to you with a Steri-strip. Do not peel these off, they will fall off on their own within the next couple of days. Stitches will be removed the 4-7 days after surgery

## What to expect

### *Discomfort*

Discomfort is to be expected, the medications provided will help reduce the discomfort, but a baseline level is to be expected post operatively. Do not take medications any other way than prescribed. Do NOT take NSAIDS (Ibuprofen, Aleve, aspirin etc.) until cleared by MD. Stool softeners and hydration VERY important post op to help avoid constipation that can develop with pain and anti-nausea medications.

### *Swelling*

Swelling is normal, if excessive swelling develops, is asymmetric (one side much more than the other) or is extremely painful, please contact Dr. Pennington. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two weeks, avoid high salt diet, avoiding bending over or heavy lifting for the first three weeks, and avoiding prolonged sun exposure for the first two to three months.

### *Discoloration*

Bruising will vary like swelling from person to person. Discoloration and bruising, this is temporary. Most bruising and discoloration should resolve over the first two weeks. Make up, with Dr. Pennington's permission, can be applied ten days to two weeks after surgery.

### *Numbness*

Your face may be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

### *Bleeding*

If bleeding does occur, lie down with your head elevated. Try to relax. You may take a pain pill. Place cool compresses over your eyes.

### *Depression*

It is not uncommon for patients to go through a period of mild depression after cosmetic surgery. This typically occurs the second week after surgery while some of the swelling and bruising persist and yet the patient is anxious to see a final result. Realize this is a temporary condition and things will improve. Focus on diligently following the wound care as well as other activities to help divert your mind. Keeping up daily routines and schedules can help decrease this.

*Eye Glasses/Contacts:*

Eyeglasses should not be worn for 1 week after surgery.

Absolutely NO contact lenses until cleared by Dr. Pennington.

Restrictions

1. **No** strenuous exercise for at least two weeks.
2. **No** heavy lifting for three weeks.
3. **No** pull-over clothing for two weeks.
4. Avoid hard chewing foods for two weeks.
5. Avoid yawning or wide mouth opening for two weeks.
6. If sneezing, sneeze with the mouth open for two weeks.
7. **No** driving for one, preferably two weeks after surgery.
8. **No** contact sports for six weeks.
9. **No** smoking, no nicotine products for a MINIMUM of 4 weeks post op
10. **No** alcohol for 2 weeks post op
11. May apply icepacks to eyes ONLY
12. **Do not** shower or wash hair or face until cleared by Dr. Pennington
13. Avoid hitting or bumping of face for 1 week (Do not pick up small children) and should sleep alone for the 1<sup>st</sup> week.
14. **Do not** pluck eyebrows or wax for 4 weeks

Call Dr. Pennington if you develop:

- **Fever greater than 100.4**
- **Sudden swelling or discoloration**
- **Hemorrhage**
- **Drainage from wound edges or other signs of infection**
- **Development of any drug reaction**

Please do not hesitate to ever contact our office. (318-216-5366)