

**Adelaide  
Plastic  
Surgery  
Facial  
Procedures**



**Discharge  
Information**

# Facial Procedures Discharge Information

## General information

### Bleeding

It is normal for the suture lines to ooze blood for 24–48 hours.

If the area bleeds:

- Sit or lie down and elevate your head on pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact the clinic immediately.
- Apply firm pressure over the area for 20–25 minutes.
- If bleeding does not stop please call and speak to one of the nursing staff on 8213 1800 Monday to Friday 9.00am to 5.00pm.
- Outside of these hours please call 8213 1800 and listen to the message. You will be provided with contact details for our on call surgeon or nurse.

### Pain or discomfort

Discomfort and pain after your operation is normal, and your doctor may prescribe a pain reliever. Do not drive while you are taking prescription pain relievers or sedatives.

Aspirin based pain relief should not be taken before or immediately after surgery as this can increase the tendency for you to bleed.

### What care should I take post-operatively?

It is imperative that you rest a lot in the first few days. Avoid straining, bending and lifting in the initial post-operative period. Sleep with your head elevated on 2–3 pillows for several days to help reduce swelling.

You may shower and wash your hair once the bandages are removed.

### Face/neck/brow lift

#### What will I feel following surgery?

There will be some swelling and bruising over the face and neck area. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the face.

Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You may be required to wear a compression garment to assist with swelling reduction.

Feelings of tightness in your face and neck area, headaches and discomfort are all normal in the initial post-operative period. There may be loss of sensation over the cheeks, which may take weeks to months to return.

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### **When can I resume normal activities?**

Most people can return to work 2–3 weeks after surgery. You may need to use Camouflage makeup for a short period of time to disguise any residual bruising. If so, our nursing staff will be able to give you advice and assistance with this.

Strenuous activity and exercise should be avoided for the first month. Gentle walking is fine after the first few days.

You may apply hair colours/ perms once all sutures/staples have been removed and the area is fully healed.

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### **Suture removal**

Some sutures are removed at approximately 5–10 days after surgery.

The rest of the sutures and/or staples are removed on day 10 approximately.

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## **Eyelid reduction**

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### **What will I feel following surgery?**

There will be some swelling and bruising around the eyes.

The eyes may feel a little tight, blurry or irritated for several days.

There will be a long stitch running along the crease of the upper eyelid. A small amount of the stitch will protrude from each end of the wound and may be anchored with a piece of tape. If the tapes fall off please take care not to inadvertently pull the stitch out. These sutures will be removed around day 5–7.

Wear sunglasses when outside for the first few days as your eyes will be sensitive to light.

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### **Scar management**

All surgeries result in scarring. To help you to achieve the best results, a number of options suitable to your particular circumstance will be discussed at the appropriate time once healing has occurred.

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### **Any concerns**

Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm.

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### **In case of an emergency**

Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

# We deal with whatever life deals out

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Plastic, Cosmetic  
& Reconstructive  
Surgery

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General Surgery,  
Surgical Oncology  
& Breast Surgery

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Cosmetic &  
Laser Physicians

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Nurse Injectors

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