Pre- and Postoperative Instructions

Below are pre- and postoperative instructions for our cosmetic procedures. If you have any questions, please speak with your surgeon or give us a call at 617-573-3223.

Blepharoplasty

Preoperative Instructions
For two weeks prior to surgery, patients are required to avoid smoking, alcohol and any product containing aspirin. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen increase the risk of bleeding.

Postoperative Instructions
Please arrange for someone to pick you up after surgery. After the procedure, your eyelids will be lubricated, which may cause temporary, blurry vision.

Oral medications may be prescribed for pain or discomfort. There may be bruising, swelling, tearing and itching for about a week. At first, your incisions may be red and bumpy, but they will flatten out and fade with time.

If non-dissolvable stitches were used, they will be removed one week after surgery.

Following surgery, patients are advised to sleep with their head elevated and to apply cold compresses.

Normal activities can be resumed after 10 days, but strenuous activities such as aerobics or lifting should be avoided for three weeks.

Sunglasses and sunscreen (SPF 15 or higher) should be worn outdoors.

Botox® Injections

Preoperative Instructions
For at least two weeks prior to the procedure, patients are required to refrain from smoking, alcohol and aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding and bruising.

Brow Lift

Preoperative Instructions
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

Postoperative Instructions
Brow lift patients usually go home the same day of the procedure. A bandage is wrapped around the head and under the chin and remains in place for the first 24–48 hours. Antibiotics and painkillers may be prescribed. There will be some degree of swelling and bruising, which may be kept to a minimum by
applying cold packs, and by sleeping with the head elevated. Patients should keep their heads above their hearts and avoid any strenuous activity until cleared by their surgeon. Sutures are usually removed within 7 to 12 days.

Most people return to work in 3 to 4 days and may cover any bruising with makeup.

**Earlobe Repair/Reduction**

**Preoperative Instructions**
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and all aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Postoperative Instructions**
Following earlobe repair, skin colored tape called steri-strips may be applied. Stiches are removed 4 to 7 days after the procedure. You may shower and wash your hair the day after the procedure.

Avoid sun exposure for several months after surgery. Use sunblock (with SPF 15 or above) or a dressing to protect the incision site.

It is important to remember that scar tissues require a year or more to fully heal and achieve maximum improvement in appearance.

**Facelift**

**Preoperative Instructions**
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and all aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Postoperative Instructions**
Mini facelift patients may go home the same day of their procedure. Immediately after the procedure, an elastic bandage will be wrapped under the chin and around the top of the head. This should be worn continually for the first three days after surgery. For postoperative days 4 through 7, it should be worn only at night. It can be removed briefly to bathe and wash your hair.

Antibiotics and painkillers may be prescribed. There will be some degree of swelling and bruising, which can be kept to a minimum with the application of cold packs, and by sleeping with your head elevated. Strenuous activity should be avoided for two weeks after surgery.

Some patients may experience bruising which can be camouflaged with makeup immediately after the procedure.

**Fat grafting/Injections**

**Preoperative Instructions**
For at least two weeks prior, patients are required to refrain from smoking, alcohol and aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding and bruising.

**Postoperative Instructions**
After the procedure apply ice to the abdomen and to the face intermittently for the first 24-48 hours to decrease swelling. You will want to avoid strenuous activity for a few days as well to limit bruising.

**Filler Injections**

**Preoperative Instructions**
For at least two weeks prior, patients are recommended to refrain from smoking, alcohol and aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Necklift**

**Preoperative Instructions**
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and all aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Postoperative Instructions**
Necklift patients may go home the same day of their procedure. Immediately after the procedure, an elastic bandage will be wrapped under the chin and around the top of the head. This should be worn continually for the first three days after surgery. For postoperative days 4 through 7, it should be worn only at night. It can be removed briefly to bathe and wash your hair.

Antibiotics and painkillers may be prescribed. There will be some degree of swelling and bruising, which can be kept to a minimum with the application of cold packs, and by sleeping with your head elevated. Strenuous activity should be avoided for two weeks after surgery.

Some patients may experience bruising which can be camouflaged with makeup immediately after the procedure.

**Neck Liposuction**

**Preoperative Instructions**
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and all aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Postoperative Instructions**
Liposuction patients may go home the same day of their procedure. Immediately after the procedure, an elastic bandage will be wrapped under the chin and around the top of the head. This should be worn continually for the first three days after surgery. For postoperative days 4 through 7, it should be worn only at night. It can be removed to bathe and wash your hair.

Antibiotics and painkillers may be prescribed. There will be some degree of swelling and bruising, which can be kept to a minimum with the application of cold packs, and by sleeping with your head elevated. Strenuous activity should be avoided for up to two weeks after surgery.

Some patients may experience bruising which can be camouflaged with makeup immediately after the procedure.
Otoplasty

**Preoperative Instructions**
Patients are required to avoid all aspirin products for two weeks prior to surgery, as products containing aspirin or ibuprofen increase the risk of bleeding.

**Postoperative Recovery**
Immediately after surgery, a bandage is wrapped around the head to aid in the healing process and to maintain positioning of the ears. This will be exchanged for a headband a few days after surgery to wear during the day and at night. After day 1 or 2, patients typically only need to wear the headband at night. Patients are advised to refrain from normal activity for a week and from sports for two weeks thereafter.

Oral medications may be prescribed for discomfort and antibiotics given to prevent infection. There may be swelling for about a week, which may be somewhat controlled by elevating the head at night. Otoplasty involves one of the shortest recovery times of any plastic surgery procedure, and the results are immediately visible.

**Scar Treatment**

**Preoperative Instructions**
For at least two weeks before surgery, patients are required to refrain from smoking, alcohol and all aspirin products. Smoking interferes with circulation and healing, and products containing aspirin or ibuprofen thin the blood and increase the risk of bleeding.

**Postoperative Instructions**
Following scar revision surgery, a dressing may be applied. Stitches are removed 4 to 7 days after the procedure.

You may feel some discomfort after facial scar revision surgery. There will likely be some swelling, redness and bruising. Patients are advised to sleep with their heads elevated, to apply cold compresses to reduce swelling and to avoid any activity that would put stress on the incision site.

Avoid sun exposure for several months after surgery. Use sunblock (with SPF 15 or above) or a dressing to protect the incision site.

It is important to remember that scar tissues require a year or more to fully heal and achieve maximum improvement in appearance.