



# Dr Honeybrook

FACIAL PLASTIC SURGERY

## **Brisbane Office**

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## **POST OP INSTRUCTIONS FOR PATIENTS HAVING HAIRLINE LOWERING SURGERY**

**You will be provided with a post operative recovery kit and prescriptions to go home with**

### **Dr Honeybrook's Recovery Kit**

- **Dr Honeybrook's SkinSoothe+ Cream** – Apply 3x daily. Apply under the eyes, cheeks and to the neck starting immediately after surgery (**Keep refrigerated**)
- **Reusable Silicone Eye Pads (Face/Neck Lift, Eyelid Surgery Patients Only)**  
– Use with SkinSoothe+ Cream under the eyes 3x daily
- **Arnica Montana Tablets 3c 200 tabs** – Dissolve 2 tablets under the tongue every 4 hours
- **Bromelain Tablets 500mg 60 tabs** – Take 1 capsule with each meal
- **Hydrogen Peroxide 100ml** – Dilute 50:50 with tap water. Dip cotton bud in diluted solution and use to clean incisions of blood and crust 2x daily until wounds are clean.
- **StrataMed Advanced Wound Dressing 10g** – Apply to the incisions 3x daily after cleaning incisions with dilute hydrogen peroxide

- **Cotton Buds** – Use to clean incisions
- **Cooling Gel Eye Mask** – Place in freezer. Prior to applying to face, allow to thaw for 20 minutes or until gel has softened. Use for 20 minutes 3-4x daily

### **Standard Prescriptions**

- **Oral Antibiotic** – Cephalexin (Keflex) 500mg (Take one tablet three times daily for 7 days)
- **Pain Medication and Valium**
  - Regular paracetamol (Take 2 tablets every 6 hours – maximum of 8 tablets (4000mg per day))
  - Oxycodone (Endone) 5mg tablets. Take one tablet every 4 hours as needed for breakthrough pain with food
  - Valium 5mg – 2x daily for first 3 days after surgery to reduce initial discomfort
- **Anti-nausea**
  - Ondansetron (Zofran) – Dissolves under the tongue – take one only if needed for nausea
- **Steroid**
  - Prednisone 25mg Tablets – Follow instructions below (30 tab supply)
    - Day of operation: 1 Tablet – 25mg at 9pm ON DAY OF SURGERY
    - First 7 days– 1 Tablet (25mg) in AM and 1 Tablet (25mg) in PM
    - Next 4 days: 1 Tablet (25mg) in AM only
    - Next 4 days: ½ Tablet (12.5mg) in AM only
    - Next 4 days: ¼ Tablet (7.5mg) in AM only
- **Tranexamic Acid**
  - 500mg tablets – 100 tab supply (Take 2 tablets three times daily for 3 days post-surgery to reduce bruising and bleeding risk )

**Going Home:** Please wear a button-down shirt or loose blouse, loose fitting pants and socks the day of surgery. After undergoing general anaesthesia, you are required to have a responsible adult accompany you home and care for you for the first 24 hours. Sometimes a patient may be admitted overnight to the hospital. In this situation Dr Honeybrook will see you in hospital on the morning after surgery.

**Diet:** Progress from clear liquids (i.e. chicken soup, broth) to a normal diet as tolerated. Drink adequate amounts of water and other beverages to prevent dehydration. Limit soft drinks and sports drinks because the sodium content can contribute to swelling. DO NOT drink alcoholic beverages while taking prescription

pain medication. Please refrain from smoking for 6 weeks post op. If you recommence smoking, this will likely affect your healing.

**Nausea:** Nausea related to the anaesthetic or due to swallowing a small amount of blood is not unusual. This usually resolves within 24 hours. You have been provided with a prescription for Zofran which is an anti-nausea medication. If you develop nausea, please fill this prescription and take as prescribed.

**Pain:** Pain is usually moderate. Please take regular Panadol and oxycodone as prescribed for pain. It is rare for patients to need additional pain medication but if this is required, please let our nursing staff know. You will also be given a prescription for Valium 5mg to be taken twice daily for 3 days after your operation to reduce discomfort.

**Swelling:** Everyone has some swelling after facial surgery. For some, the swelling is worse than for others.

You can help by keeping your head elevated on some pillows at night and remaining seated or active, not lying down, during the day. Cool compresses with the supplied cooling gel eye mask will help reduce the swelling also. First place the gel eye mask in the freezer. Before applying to the face, allow the mask to thaw for 20 minutes or until the gel has softened. Use the Velcro strap to fasten to the head. You can use either side of the mask depending on your comfort level. If you have any pain, remove the mask as you do not want to cause a freezing burn to the skin. Use for 20 minutes, 3-4x daily.

Using Dr Honeybrook's specially formulated SkinSoothe+ cream with the silicone eye pads 3x daily will also reduce swelling and bruising under the eyes.

**Bruising:** Bruising is caused by small amounts of blood accumulated in the tissues after surgery. Most bruising resolves completely by 2 to 3 weeks after surgery. Makeup can hide the bruises after one week.

**Activities:** Quiet rest is recommended immediately after surgery. You may go for short walks 2 days after surgery. You may resume light aerobic exercise 2 weeks after surgery and a full aerobic workout 4 weeks after surgery. You may fly at 10 days. Sleep with your head elevated at 30 degrees for one week, especially for the first week. Place a pillow under your knees to decrease the pressure on your lower back. Avoid extreme turning of the head as this may place too much tension on the

healing suture lines. On the other hand, do not hold your head rigid as this will result in stiffness in your neck. Avoid colouring, highlighting, or perming your hair for 4 weeks. It is normal for the scalp to remain numb for 1-2 months after a browlift or hairline lowering surgery. Do not make any important personal decisions for 24 hours after surgery. Do not drive or operate hazardous machinery while taking pain medication. No heavy lifting, stooping or bending at the waist for at least 2 weeks following surgery. Most patients can return to work in 3 weeks but not until released by Dr Honeybrook. Vigorous exercise and severe physical exertion should be avoided for 6 weeks. Contact sports should be avoided for 4-6 months as should sunbathing. Sunbathing can result in the development of excessive scarring which may be permanent. Avoid cigarette smoke and alcohol consumption. Both can delay healing and the smoke can aggravate nasal swelling.

**Drainage/Bleeding:** A small amount of bright red bleeding may occur for 24-36 hours after surgery from the incisions. If you feel there is an area in the neck that is becoming full and tense this may represent a collection of blood (haematoma) please call the office if you feel one side of your face is becoming more painful, tense or significantly more swollen than the other side.

**Dressings:** Immediately after surgery, a bandage dressing will be placed around your head and neck. You may have surgical drains, these are usually removed on the day after surgery either at the hospital (if you stay overnight) or at the clinic. We will call you to make this appointment if you do not stay overnight in the hospital. If you have excessive output in the drain the drain may need to stay in. We will provide you with further information on how to manage the drain at home. After the bandage dressing is removed you will not apply any compression to the skin to allow the skin to heal properly.

**Sutures:** You may have a combination of dissolvable sutures, removable sutures and staples. The sutures and staples (behind the hairline) will be removed in approximately 7-10 days. After all the sutures and staples are out from the scalp, you may wish to be more vigorous about cleaning you hair of any remaining antibiotic ointment.

**Wound Care & Bathing:** You can shower and wash your hair with baby shampoo starting the day after surgery. Take care not to let the shower stream hit the suture lines directly. Do not use any other hair care products. After you shower, clean incisions at with half strength (diluted 50:50 with tap water) hydrogen peroxide and cotton buds twice a day then apply stratamed gel to the incision. Keep the incisions

moist by applying stratamed at least 3x daily. The goal is to remove any dried blood and crust from the incisions to keep them clean and aid with healing and reducing scar. Call our office if you notice signs of infection such as fever, foul smelling drainage, severe redness, swelling or worsening pain. Also, call if you notice any sutures may have ruptured and the incision appears more open. Once incisions have healed, do not expose scars to direct sunlight, use a SPF 30 zinc or mineral based sunscreen for protection. Do not wear earrings for 2 weeks following surgery.

**Prescribed Medications:** Take all prescribed medication as directed. The stronger pain medication causes constipation. Take an over-the-counter stool softener daily until your bowel patterns return to normal. Do not go more than 3 days without having a bowel movement. Do not drink alcoholic beverages while taking prescription pain medication. Do not drive while taking prescription pain medications. Do not take aspirin or blood thinning agents.

**What to expect:** Significant swelling is to be expected for the first 1-3 weeks post op week then will begin to subside over the following weeks. The usual sensations patients experience include a feeling of tightness along with a numb sensation of the skin. As numbness subsides, it is common to feel tingling and sharp sensations, which will eventually fade away. It is normal to experience a significant amount of bruising which will subside in the following weeks. Every individual is unique and healing time may vary. It may take several months to see your final results. A light application of a mineral based face powder can be worn after 2 weeks. It will take 2-4 months for the incision lines to heal and occasionally these may need to be treated by Dr Honeybrook to speed up this process. It is normal for to remain numb in some areas for 1-2 months.

**Drain Care:** There can be a small, plastic tubes exiting from underneath the dressing. There will be a small plastic bulb attached to the end of each of these drains. The drains are placed under the skin of the neck to prevent accumulation of blood. Drains are usually removed the day after surgery but occasionally they are needed for an additional day(s). You will keep a record of the output from your drains over a 24-hour period. Record each drain output separately. Report the drain output to the office nursing staff every 24 hours until the output is deemed low enough to remove the drains.

**Signs of a haematoma (Blood collection):** Painful extreme swelling and hardness often accompanied by bruising, usually on one side causing asymmetry. Please notify us if you display any of these symptoms.

**Looking your best:** After such a major operation, many patients feel they will look great very quickly. When they are still swollen and a little bruised two weeks later, they wonder if they will ever benefit from the younger, more rested look they desire. It is very important to understand that everyone goes through this after surgery. You will look and feel better, but you must give your body a chance to recover after this extensive rebuilding. Most people feel comfortable without makeup about six weeks after surgery. However, do not be surprised if a casual acquaintance comments on your fresher look even after 3-4 weeks, even though you still see all the lumpiness and swelling that remains. Be patient and relax. You will soon look great.

### **PROBLEMS TO REPORT**

- Signs of infection:
  - ⇒ Increasing redness
  - ⇒ Increasing pain
  - ⇒ Fever
  - ⇒ Discharge of pus from the wound
- Increasing swelling
- Prolonged or increasing volume of bleeding.
- Nausea or vomiting that is not settling.
- Chest pain and /or shortness of breath
- Pain in your calves

### **FOLLOW UP CARE**

Your follow up visit is usually 1 to 2 weeks after surgery. If you do not already have a post-surgery follow up appointment, please call the office to arrange a follow up appointment. If you have any questions or concerns prior to your scheduled appointment, please call the office and speak with one of our nursing team during business hours (8:30AM – 4:30PM).

In case of a LIFE THREATENING emergency please call 000.

In case of an emergency, after hours or on the weekend, **please call Dr Honeybrook on 0422221067.**