

The following instructions answer most questions that arise regarding the “do’s” and “don’t’s” after surgery. You and your family should read them several times so that you become thoroughly familiar with them. Attempt to follow them faithfully –those who do so generally have the smoothest postoperative course; this, of course, favors proper healing.

1. At the conclusion of the procedure a bulky pressure dressing is applied. It will feel tight. Leave this dressing in place until we remove it the day after surgery.
2. To help minimize swelling, the head of the bed should be elevated 30–40 degrees for one week after surgery.
3. Continue to place ice compresses on your forehead and your upper eyes for 48 hours after surgery. This can be done using a wash cloth moistened with ice water and can be used for 30 minutes every 2-3 hours while you are awake. This is done to prevent swelling in the area.
4. After surgery, continue to take the antibiotics as you were instructed before your operation. These should be taken until they are all gone.
5. You have a prescription for one other medication for pain. Follow the instructions on the medication when taking these.
6. When you return the day after surgery, we will remove the bandage on your head. You may wet your hair gently after the dressing is removed. Do not use shampoo on your hair until the third day after surgery. Use only baby shampoo for one week following surgery. After this time you may use your usual shampoo and hair products.

If any other questions arise or anything should develop that you are uncertain about, do not hesitate to telephone us at anytime at 415-392-9800.

Please make every attempt to keep your postoperative appointments, since it is vitally important that we monitor your healing.