

Facial Surgery- Post Operative Instructions - Dr. Worthing

Call immediately if your face begins to swell, throb, bleed, or temp goes up to 101 degrees 281-440-7797.

1. Sleep with your head elevated for 2 weeks to minimize and reduce swelling.
2. Take your antibiotics and pain medication as directed and with food. Drink plenty of fluids. Take 1500 mg Vitamin C daily.
3. Do not take ASPIRIN or any blood thinning medications for 2 weeks after surgery
4. Avoid heavy lifting and bending over for 4 weeks after surgery and limit regular activities per Dr. Worthing's permission.
5. You may shower and wash hair daily after drains are removed. Gently pat dry your suture areas. Clean incisions with peroxide twice daily. Be very careful with the incision lines. Hair color may be applied 4 weeks after surgery with Dr. Worthing's approval.
6. Make-up and skin care may be applied 1 week after surgery, being very careful to avoid incisions. Please schedule an appointment with our estheticians for a complimentary skin care consultation and camouflage.
7. Some numbness may occur after surgery, however feeling will return up to 1 year.
8. Please make an appointment for suture removal 5 days and 10 days after surgery.
9. It is important that you understand and comply with these post- operative instructions.

In case of Emergency after 5 pm or weekends, call 281-537-3419.