

# FACETITE POST-OP INSTRUCTIONS

## ACTIVITY

- Limit physical activity and exposure to excessive heat (including fires) and UV light for 2 weeks. Do get up and walk around to help keep blood circulating.
- Sleep on several pillows or in a recliner to keep your head elevated for at least 2-3 days to help minimize swelling.

## WOUND CARE

- Cleanse the treated areas gently with mild soap such as Cetaphil or Cerave and water after 24 hours. DO not rub or irritate the areas.
- Let soapy water wash over the incision sites (do not scrub), then apply an antibiotic ointment to the incision points twice daily for one week while the skin is healing. Tiny scabs may appear during the healing process, do not pick at the scabs.
- Makeup can be applied as soon as 72 hours after the procedure to cover any redness or bruising. Avoid the incision points that may still be healing.
- Facial shaving should only be done with an electric razor for the first week.

## DRESSINGS

- Treatment areas will have gauze bandages and a compression garment over them. These can be removed in 24 hours. This garment should ideally be worn for 24 hours per day for the first two weeks, then 12 hours per day for two weeks.

## DIET

- Minimize talking and chewing for 48 hours. We recommend a soft diet for the first 48 hours.

## MEDICATIONS

- Only take prescribed pain medication or Tylenol for pain relief (not both) after your procedure, unless otherwise instructed. You can start taking NSAIDS (Aleve, Motrin, Ibuprofen, Naproxen) for pain relief on day two after your procedure. Your next dose of pain medication can be taken at \_\_\_\_\_. No driving while taking narcotic pain medication!

## WHAT TO EXPECT?

- Redness and swelling may occur and last up to three weeks. Numbness in treated areas is common.
- Bruises occur in some people and can last 1-2 weeks.
- Some patients report a burning, tingling, or tightening sensation in the treatment areas up to 3 months.
- Burns and changes in pigmentation are rare, although they may occur. If you notice small white bumps, they may take a few weeks to resolve.
- Remember, that although the skin has initially healed, it takes approx. 6 months before your final results in skin tightening can be appreciated.

REFINEDLOOKS

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AFTER HOURS ON-CALL NUMBER: 423.756.7134