

# Facial Feminization Post-Operative Instructions

## General Instructions

- Someone must drive you home after surgery and help you at home for 1-2 days.
- Get plenty of rest.
- Follow balanced diet with high protein and fluid intake.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase fluid intake.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
- Do not drink alcohol when taking pain medications.
- Do not smoke, as smoking delays healing and increases the risk of complications.

## Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots
- Do not drive until you are no longer taking any pain medications (narcotics).
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- Avoid lifting anything over 5 pounds for 2 weeks.
- Resume social and employment activities in about 2 weeks (if not too strenuous).
- Wear the jaw bra/wrap as much as possible for 2 to 4 weeks post op. At minimum, wear while at home and while sleeping.

## What to Expect

- **Brow Bone Reduction with or without Hairline Advancement**
  - You will be placed in a gauze head wrap immediately after surgery. You may have 1 or 2 drains that exit from behind the ears and secured by the head wrap.
- **Rhinoplasty**
  - You may have plastic splints inside your nose that are sutured in place. They will prevent you from breathing normally through your nose. Please do not remove these splints on your own, your provider will remove them in office at your scheduled post op appointment.
  - You will have an external nasal splint taped in place. Please leave in place until otherwise notified by your provider. Notify your provider if the tape causes skin irritation or a rash.
  - You will have a nasal drip pad in place. **Please do not remove.** Removing the drip pad can move the nasal tip work completed by your surgeon and alter the final results. You may re-enforce the nasal drip pad with additional gauze if needed.
  - You may have permanent blue colored sutures in the incisions on your nose. These need to be removed by your surgeon within 5 to 7 days of surgery to prevent track marks from forming.
- **Chin Reduction and/or Mandibular Angle Reduction**
  - You will be placed in a gauze head wrap or jaw bra immediately after surgery to help minimize swelling.
  - All sutures will be inside the mouth and will dissolve in the next few weeks.
  - Use any brand of mouthwash three times daily to clean your mouth and the intraoral incisions.
- Expect moderate drainage on your initial dressing.
- Maximum discomfort will occur the first few days after surgery.

- You may experience temporary soreness, bruising, swelling and tightness around incisions and throughout the face. This will resolve in the next few weeks.
- You may not have sensation in the tissue, skin, and around the incisions. This usually returns as your body recovers and can take up to 12 to 18 months to return.
- You may have random, shooting pains and itching throughout the surgical site and along incisions for a few months. This is part of the normal healing process.

## Appearance

- Most of the discoloration and swelling will subside in 2-4 weeks.
- Scars may be red and angry looking for 6 months. In time, these usually soften and fade.

## Incision Care

- Drainage and oozing onto the dressings and head wrap is expected. Most dressings will be removed at your follow up appointment and replaced as needed.
- You may shower once all dressings are removed by your surgeon at your follow up appointment.
- Oozing and some bleeding from the incisions can occur. You may pad the incisions with gauze for comfort.
  - We recommend using vitamin-e lotion, tea tree oil, or cocoa butter over the incisions 3 times daily.
- Avoid exposing scars to sun for at least 3 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater). We recommend sunscreen that contains zinc oxide.
- No tub soaking/swimming for 1 month.

## Follow-Up Care

- Follow up within 3 to 5 days of surgery.
- Drains will be removed within 3 to 5 days or once under 30cc in a 24 hour period
- You may have permanent blue colored sutures in the incisions on the nose. These need to be removed by your surgeon within 5 to 7 days of surgery to prevent track marks from forming.

## When to Call

- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

## For Medical Questions, Please contact:

- Katie Leemaster PA-C at [katie@districtps.com](mailto:katie@districtps.com) or Dr. Praful Ramineni at [doc@districtps.com](mailto:doc@districtps.com)
- (202) 742-3999, Monday - Friday, 8 a.m. - 5 p.m.

Please Email Jackie at [jackie@districtps.com](mailto:jackie@districtps.com) to set up your post op appointment for Monday/Thursday  
\_\_\_\_\_ (please give preference of morning or afternoon post op appointment).