

Silicone Removal from Face/Chin/Lips Post-Operative Instructions

General Instructions

- If performed in the operating room, someone must drive you home after surgery and help you at home for 1-2 days. If performed in the office, you may drive yourself home from the procedure.
- Get plenty of rest.
- 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

- Do not drive until you are no longer taking any pain medications (narcotics).
- Refrain from vigorous activity 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

- 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.
- 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.
- Most of the discoloration and swelling will subside in 2-4 weeks.

Incision Care

- Liquid/light and soft diet x 72hrs to allow mouth incision to heal. Use mouthwash as needed to clean incision/ mouth.
- 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.

Follow-Up Care

- Follow up within 3 to 5 days of surgery.

- 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 or Dr. Praful Ramineni at doc@districtps.com

Your post op appointment is scheduled for _____