

Although your procedure was performed in an office-based setting, it is still a serious surgical procedure. Postoperative care is very important. Careful attention to the following instructions will help prevent complications, minimize discomfort, and promote proper healing.

1. Drink plenty of fluids following your surgery for 1-2 days.
2. Eat light—salads, soups, breads to avoid nausea and an upset stomach.
3. Medication instructions:
 - If a prescription was discussed, it will be called into your pharmacy on file.
 - Take the medications only as prescribed.
 - Eat a little before beginning your pain medications to avoid nausea.
 - No Alcohol—this is dangerous to mix with the effects of anesthesia and pain medications.
 - Begin pain medications early to “keep on top” of the pain.
 - You may take over-the-counter pain medications (Tylenol, Motrin, Aleve) if no medication was prescribed for you. Avoid aspirin-containing products for two days.
 - Call the office with questions about your medications or any signs of medication allergy.
4. No smoking.
5. The surgical dressing or bandage should be kept in place and kept dry. Often a water-resistant dressing is applied. Baths, swimming, jacuzzis should be avoided until cleared by Dr. McConnell.
6. You may shower when instructed by Dr. McConnell (generally the following day unless drains are in place.)
7. Leave surgical tape/steri-strips in place. It is not uncommon for the bandages to get a small amount of bleeding or dark staining on them after you leave the office.
8. Remain active by walking around at least three times a day.
9. Apply ice as instructed (eyelid surgery, facial surgery).
10. Elevate the head of bed as instructed with an extra pillow at night (facial surgery).
11. You may drive when no longer under the influence of pain medications.

Specific issues to be aware of:

Bleeding

Gauze pressure is the most effective way to control bleeding. This piece should be left in place for at least 30 minutes before removing it. After 30 minutes, the gauze should be removed. It is not uncommon to have slight bleeding or oozing for several days. If heavy bleeding continues, replace the gauze with a fresh folded piece and contact our office immediately.

Pain

The local anesthetic wears off in one to three hours. Some form of pain reliever should be taken before the numbness goes away. Tylenol, ibuprofen (Motrin, Advil) is usually adequate. For more involved surgery, Dr. McConnell may prescribe stronger pain relievers. Take these medications as prescribed. Do not drive or operate machinery while on this medication.

Questions or Concerns? If you have any questions or concerns, at any time 24 hours a day, please contact us. If you have an after-hours, post-operative question or emergency please call the office at (714) 446-5180. Dr. McConnell will be contacted through the answering service.

Sutures

In most cases dissolvable sutures are used. These sutures will come out on their own in 1-2 weeks. If any sutures are bothering you, or you have concerns regarding your sutures, please contact the office.

Discoloration

You may develop black, blue, green or yellow discoloration resembling a bruise to the tissue. This is due to a slight oozing of blood beneath the tissue and is of little significance. This is a normal postoperative event and will resolve in a few days to a week.

Swelling

Swelling is common. It usually takes 48 hours for swelling to peak. The use of cold compresses may help prevent swelling. The ice packs should be used regularly, 15 minutes on and 15 minutes off for the first 48 hours. After 48 hours, heat can be applied to the swollen area to speed the reduction of the swelling. Remember that some areas might be numb after surgery so heat and cold application should be monitored closely to avoid damage to the skin.

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