

## In Case of Emergency

Dr Tony Moore can be contacted at any time on 08 70894486 to discuss your concerns. If you have a life threatening emergency please call 000.



## Your Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

### Dr Tony Moore

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## Discharge Instructions Facial Surgery

**Dr Tony Moore**  
**MBBS, FRACS**

*Safe Hands*

## General Information

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### Bleeding

It is normal for the sutures to ooze for 24–48 hours. If the area bleeds:

- Sit or lie down and elevate your head on pillows.
- In the first 24 hours, it is not uncommon for dressings to be stained by bleeding. If the dressings, however, should become soaked with blood please contact us immediately. • Apply firm pressure for 20–25 minutes.
- If bleeding does not stop please call us on 08 7089 4486

### Pain or discomfort

After your surgery this is normal. Please take your pain medications as prescribed. Do not drive while you are taking prescription pain relievers or sedatives. Aspirin or NSAID's based medicine should not be taken before or surgery as this can increase the tendency for you to bleed. Please check with us or your Pharmacist if you are unsure.

### Recovery Post-Op

Avoid strenuous activity, bending and lifting in the initial post-operative period. Sleep with your head elevated on 2–3 pillows for several days to help reduce swelling. You may shower and wash your hair once the bandages are removed .

## Face-lift/Brow-lift/Neck-lift

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Some swelling and bruising over the face and neck area is normal. The degree of this varies with each person. Sometimes the swelling can cause some temporary changes to the symmetry of the face. Swelling and bruising will often resolve in the first couple of weeks but in some cases may persist for 3–4 weeks. You may be required to wear a compression garment to assist with swelling reduction. Feelings of tightness in your face and neck area, headaches and discomfort are all normal in the initial post-operative period. There may be loss of sensation over the cheeks, which may take weeks to months to return.

Most people can return to work 2–3 weeks after surgery. You may need to use concealer for a short period of time to disguise any residual bruising. Strenuous activity and exercise should be avoided for the first month. Gentle walking is fine after the first few days. You may apply hair colours/ perms once all sutures/staples have been removed and the area is fully healed.

Some sutures are removed at approximately 5–10 days after surgery. The remaining sutures and/or staples are removed on day 10 approximately.

## Eyelid Reduction

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There will be some swelling and bruising around the eyes. The eyes may feel a little tight, blurry or irritated for several days. There will be a long stitch running along the crease of the upper eyelid. A small amount of the stitch will protrude from each end of the wound and may be anchored with a piece of tape. If the tapes fall off please take care not to inadvertently pull the stitch out. These sutures will be removed around day 5–7.

Wear sunglasses when outside for the first few days as your eyes will be sensitive to light.

Scar management All surgeries result in scarring. To help you to achieve the best results, a number of options suitable to your particular circumstance will be discussed at the appropriate time once healing has occurred. Any concerns Please phone 8213 1800 and ask to speak to our nursing staff Monday to Friday 9.00am to 5.00pm. In case of an emergency Your surgeon or the on call surgeon can be contacted on 8213 1800 at any time.

## Scar Management

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