

Robert Louton, MD

BLAIR PLASTIC SURGERY

CENTRAL OVAL REJUVENATION – FACT SHEET

General Information

DO NOT sunburn or suntan surgical area one month prior to procedure.

Wash your hair the night before or day of surgery with antibacterial soap, do not use any leave in hair products.

You will have tape in place for 7 days.

You will have an abdominal binder in place for 7 days.

Keep tape dry – sponge bathe or tub bathe. The morning of your one week follow up, you may wash your hair before you come into the office.

Take antibiotics as prescribed.

Begin using Tobradex eye drops after discharge, use one drop to each eye every 4-6 hours and use until bottle is finished. Use Lacrilube or a generic ophthalmic lubricant if necessary.

Fixation screws in your scalp are absorbable and will not need to be removed. DO NOT MANIPULATE THE AREA. Be gentle when washing and combing your hair.

Sutures from the eyelids will be removed 1 week after surgery.

Staples will be removed in 2 weeks.

• **PROPHYLACTIC ANTIBIOTIC TREATMENT:** To prevent bacterial infection of your absorbable endotines (cheek fixation), it is highly recommended that you have prophylactic antibiotic treatment for any tattooing, piercings, dental, endoscopic, sinus or invasive procedure for one year. Please inform Dr. Louton of any procedures requiring treatment.

Hygiene

Use care when washing and combing your hair.

To Minimize Swelling

You may develop bruising and swelling. Elevation is the best remedy for this.

Keep your head elevated at all time.

Sleep with 3-4 pillows or in a recliner.

No lifting or exertion for 2 weeks.

You may begin gentle walking 1 mile a day after 2 weeks.

No exercise for 1 month.

Eating

Liquid diet for one week.

No fluids through a straw.

No swishing liquids. Drink only from a cup or glass.

Signs of Infection

- If wound becomes red, swollen, tender or hot to touch.
- If red streaks are seen coming from the operative area.
- If you develop a fever.
- If the wound breaks open or being draining.
- If there is a constant or increasing pain at wound site.

Call for any problems day or night (814) 949-7280