

Robert Louton, MD

BLAIR PLASTIC SURGERY

MELOPLASTY – FACT SHEET

1. DO NOT sunburn or suntan surgical area one month prior to procedure.
2. Keep head elevated; sleep in recliner or with head elevated using 3-4 pillows.
3. Do NOT drink from a straw.
4. Do NOT swish liquids.
5. Full liquids for 4-5 days, Jelly, broth, 7 up, soda, cream soups and milkshakes.
6. Finish antibiotics
7. No exertion or lifting for 2 weeks.
8. You may begin gentle walking 1 mile a day after 2 weeks.
9. No exercise for 1 month.
10. Keep follow up appointment.

Signs of Infection

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

Please notify Dr. Louton for any problem day or night at (814) 949-7280.