

PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS: **SUBMENTOPLASTY**

Before Surgery

Optional - Start Arnica Montana five days before your surgery. Take with meals and continue for five days after surgery.

REMEMBER: No blood thinning agents for two weeks before surgery.

1. Nothing to eat or drink after midnight the night before surgery.
2. Bathe or shower the night before or morning of the surgery. Thoroughly wash your face and hair, but do not use any lotions, gels, rinses or hair sprays.
3. Do not apply makeup or any cosmetics to your face.
4. Leave all valuables at home.
5. Wear comfortable clothing and something that buttons or zips up the front.
6. You **MUST** have someone drive you home or over to the recovery center after your surgery if you are spending the night there.
7. Bring your prescriptions with you in a plastic bag with your name and date written on the bag.
8. Allow adequate travel time to arrive at the surgery center on time.

After Surgery

1. Always eat a little something (toast, crackers, applesauce, yogurt or jello) before taking your medications, especially before taking the first dose.
2. Sleep with your upper body elevated, either in a recliner or with pillows stacked to achieve this position. Your head must be higher than your heart (usually for the first four to five days).
3. Take your medications as directed to allow them to effectively control pain and prevent infection.
4. Do not take hot baths or showers. Heat includes bleeding and may negatively affect healing.
5. Leave all dressing in place. They will be removed by Dr. Gardner.
6. Any sutures will be removed seven to ten days after surgery.
7. Contact the office if any of the following develops: undo swelling, redness, yellow drainage at the incision site or bleeding that will not stop when pressure is applied.