



FREQUENTLY ASKED QUESTIONS

Shampoo	Please wash your hair with baby shampoo several times the day before your first post-op appointment. Peroxide may help to dissolve blood. Do not use conditioner. It may take 2-3 shampoos until the water runs clear.
Exercise	Walking slowly is permitted in 3-4 days, but nothing aerobic in nature. For the first three weeks after your surgery, you should do nothing more strenuous than a leisurely stroll. At three weeks post-op you may begin mild exercise, gradually increasing the intensity up to 100% in 5-6 weeks after surgery
Sexual Activity	You may resume sexual activity two weeks after your surgery.
Driving	Refrain from driving until one week after surgery.
Makeup	May be applied one week after surgery.
Travel	Refrain from travel until 4-8 days after surgery, depending on the procedure
Bruising & Swelling	Usually lasts 2-3 weeks. Numbness may last for 6-8 weeks, sometimes longer
Returning to Work	<u>Noses:</u> The cast will be removed in one week. You may return to work in 3-4 days, with the understanding that you will still be wearing the cast until one week post-op. <u>Eyes only:</u> You may return to work in 3-4 days. Bruising and swelling may remain for 2-3 weeks. <u>Facelift:</u> You may return to work in one week. You will have tape over the incisions, and probably will be swollen and bruised. Most patients allow 2 weeks before returning to work.
Wearing Glasses	You may wear your glasses as usual while you are still wearing the nasal cast. After cast removal, do not wear glasses for approximately 5 weeks unless they are taped to your forehead or approved by the staff.
Contact Lenses	Do not wear contact lenses for one week or until approved by the staff. Eyelid patients should use extra care with insertion and removal.
Non-Local Patients	Patients are to remain in town until all staples, sutures, and casts are removed. This will take 7-9 days.
Hair Color/Perm	Hair color and perms are permitted 5 weeks after facial surgery, 2 weeks following nose or eyelid procedures.
Alcohol & Smoking	Refrain from alcohol and smoking for 2 weeks before until 2 weeks after your surgery.
Medications	Avoid aspirin, ibuprofen, and vitamin E for 2 weeks before until 2 weeks after your surgery. Talk to our nurse about other medications you take to make sure they are permitted.

Lip Augmentation

Swelling may last for 2-3 days after filler injections. An ice pack is recommended for the first few hours after the injection.