



After Care Instructions Following Facial Reconstruction

1. Resume your regular diet. Drink plenty of fluids and maintain good hydration.
2. Keep your head elevated as much as possible to decrease swelling, sleep on multiple pillows at night.
3. Avoid exercise and strenuous activities that may pull or damage the wound until cleared by your doctor.
4. You may bathe/shower immediately but keep the wound dry for 48 hours. After 48 hours, you may get the area wet. Gently blot the area dry, do not rub the wound area.
5. If there is crusting or scabbing, gently clean the stitches with Qtips dipped in half-strength hydrogen peroxide (3% hydrogen peroxide mixed in equal parts with water) 3 times daily; this can be purchased without a prescription at any drugstore.
6. Apply Vaseline or Aquaphor ointment over the wound 3 times daily; the ointment can be purchased without a prescription at any drug store. Keep the wound moist with ointment. You may stop applying the ointment after 1 week or after the stitches are removed.
7. Unless specifically instructed by your doctor, the wound does not need to be covered with a bandage.
8. If a skin graft was used, do not remove or manipulate the yellow gauze covering it.
9. Take Tylenol or pain medication as directed. Avoid aspirin unless it has been discussed with your doctor.
10. If wound becomes exceptionally red or swollen, increasingly painful, or begins to drain excessively, call the clinic. If there is no answer, proceed to the nearest emergency department.
11. Stay out of the sun and wear sunscreen for at least six months after surgery.

If you have issues prior to your follow up appointment, call Dr. Best's office at 613-798-5555 x 13636. If there is an emergency, present to the nearest Emergency Department.