



MARYLAND ENT ASSOCIATES

EAR • NOSE • THROAT

FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

REMOVAL OF FACIAL GROWTHS & SCAR REVISION

Swelling and discoloration

Swelling and discoloration are normal after surgery and will gradually subside after about two weeks. It is not uncommon for surgery on the nose, scalp or around the eyes to cause severe swelling of the eyes. This is generally worse the second day after surgery. This can be greatly decreased by applying ice to the surgical site and eyes for the first few days. Sleeping the first few nights in a recliner also helps. It is not uncommon for surgery around the lower face to cause swelling and discoloration around the neck or lips.

Pain

There is usually minimal pain after minor surgery. Extra Strength Tylenol® is all that is needed for the majority of people. Avoid Aspirin, Advil®, and similar compounds (containing aspirin and/or ibuprofen) that can cause bleeding.

Sutures

Slight redness can occur around individual sutures. However, if pus, pain or severe redness occurs, this may represent infection and you should call the office. In most cases, the sutures are removed in about 7 days. Suture removal is relatively painless. You can gently wash the surgical area the next morning and pat the area dry..

Scars

Every surgical incision leaves a scar! The goal is a smooth, flat, fine-line scar. To achieve this result may take up to one year. As the scar matures, it goes through several phases. The scar may be red and lumpy for a few months. After two weeks, it generally helps to massage the scar. This helps to soften the scar. In individuals with green or blue eyes and light skin, the scar may stay red for almost one year. Patience is required while the wound is going through these phases. It is not uncommon to do dermabrasion (sanding) of the scar at about two months to achieve the best possible scar.

Numbness

Every surgical incision leads to numbness. This resolves over weeks to months.

Home Care Instructions

- Do not manipulate the surgical site.
- If a bandage has been placed, this may be removed the next morning.
- Avoid bending or lifting heavy objects.
- If surgery is around the eyes or lips, ice the surgical site for 20-30 minutes every hour for the first 48 hours. Sleep in a recliner or with the head elevated for 48 hours.
- Try to clean the suture line 3-4 times daily with peroxide to remove crusts, then apply antibiotic ointment or Vaseline®. This is most important for the first 48 hours while the wound is weeping (oozing secretions).
- After 72 hours, nothing needs to be applied to the wound.
- Avoid direct sunlight to the wound.

Resuming Activities

- You can bathe the next day. However, do not soak the wound. Pat dry with a towel and apply antibiotic ointment afterward.
- You can apply makeup after suture removal.
- You can swim 2 days after suture removal.
- You should wear sunblock (SPF 30) for 6 months.