



POST-SURGICAL INDICATIONS FOR FACIAL REJUVENATION 19.80

- Relative rest for 24 hours of prompt ambulation.
- Sleep semi-seated (a).
- In the afternoon (after surgery) liquid diet, the next day soft free of fats and irritants.
- Apply ice on the operated area.
- Do not wash the operated area until it is assessed and the doctor of order.
- Do not expose yourself to the sun before and up to 3 months after the procedure this can cause irreversible spots on the skin.
- Do not remove bandages without medical order.
- The removal of points should be done within 5 days, and should be coordinated with the secretary at: 316-6280790.
- Avoid heat from the kitchen, stove and smoking area, do not watch television or computer.
- If you have a fever greater than 38° notify immediately.
- To take punctually the medicines formulated especially the antibiotic.
- You should not smoke during this period (3 months), the cigarette does not favor the cicatrization.
- After the first month of surgery you can start your aerobic exercises, stretching and after the second month muscle strengthening.
- Inflammation of Ritidoplasty will remain until the third or fourth month. Only after the sixth month will the final result be visible.
- If you are on medication of any kind, consult with your doctor before abruptly stopping such treatment.
- Wash your hands frequently with soap and/or antiseptic.
- If you have any doubt, call your doctor.
- Do not live together or touch animals (dogs, cats).
- Notify the Plastic Surgeon or Anesthesiologist in case of exaggerated pain, blurred vision, bleeding, vomiting, fever or headache after surgery.
- You must urinate and evacuate adequately (in color, volume and build) if you do not tell the doctor.
- Massage legs posterior region and rotation movements in ankles.