

Office based static facial suspension/ NLF Modification

**After Surgery:**

* The **jaw bra should be worn nearly 24 hours a day for the first 5 days**. You may remove it to shower. For post-surgery days 5-14, we ask that you try to wear the wrap at night.
* Apply ice packs to the face and neck as much as possible for the first 3 days. After day 3, ice should be applied for 20-40 minutes four times a day, for four more days.
* Take care to **sleep propped up** on either 3-4 pillows, or on a recliner for the first 10-12 days, as this will help with swelling.
* You may shower and wash your hair 48 hours after your procedure and gently shampoo your hair. Apply over-the-counter antibiotic ointment to incisions and reapply the jaw bra when your hair is dry.
* Take extra-strength Tylenol (500-1000mg every 6 hours) for pain. If you feel your pain is not well-controlled on the Tylenol, we can write you for a small narcotic prescription.
* **Do not perform any vigorous exercise until day 14.** Gentle walks are ok.
* You may resume taking Aspirin/NSAIDs after 7 days if you have had no bleeding or other problems.
* Hair coloring should be delayed for four weeks after surgery.

**What to expect:**  
*Swelling*  
 Swelling tends to peak around 72 hours post-surgery, before gradually beginning to improve. Most of your swelling will resolve over the first three weeks, but do expect to have minor fluctuations in the remaining swelling over the course of the next 12 weeks. Things to do to minimize this swelling include: sleeping with your head elevated as much as possible over the first two to three weeks; avoiding strenuous exercise or heavy lifting for the first two weeks, and avoiding prolonged sun exposure for the first one to two months.

*Discoloration*  
 Bruising will vary, much like swelling, from patient-to-patient. Most bruising and discoloration should resolve over the first three weeks. You can begin applying arnica gel to the bruised areas, careful to avoid the incision lines, at day 5 postop.

**When should I call?**

* Fever greater than 101 F
* Nausea and vomiting that lasts beyond the first day
* Large amounts of bleeding (soaking through more than 6 gauze pads in an hour)
* Severe or increasing pain after day 3
* Foul smelling discharge coming from the incisions
* Feeling like there is a water balloon under the skin in front of the ear or behind the ear