



SOLOMON FACIAL PLASTIC

ALAR REDUCTION POST-OPERATIVE INSTRUCTIONS

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or officestaff.solomon@gmail.com

BLEEDING

- Post operative bleeding is expected but should be minimal.

SWELLING

- Moderate swelling is expected to the base of the nose. Swelling can make the nostrils or base of the nose look asymmetrical, this is temporary. It can take up to 2 weeks for the swelling to subside.

ICING

- Icing is not required nor recommended

MEDICATION

- Begin taking your medication 2-3 hours after returning home, unless otherwise indicated by your discharge nurse.
- Take your anti-biotic and pain medication 2 hours apart to avoid nausea.
- If the pain is mild to moderate, you can take Tylenol or Extra-Strength for pain.
- Be sure to take a pro-biotic when taking your anti-biotic.
- If you develop a rash, stop taking the medication and contact our office.

SLEEPING

- Sleep elevated on 2-3 pillows to minimize swelling.
- Use a travel pillow to prevent rolling over while sleeping.
- Getting a good sleep is essential to healing so be sure to make yourself as comfortable as possible.
- You may want to use an old pillowcase to avoid soiling from blood and ointment.

EATING

- You may eat what you like when you return home from surgery.
- Be sure to drink lots of fluid.
- Yogurt is recommended to replenish the good bacteria in your gut when taking an anti-biotic.

CLEANING

- Begin cleaning the next day, morning after surgery and do so both morning and night for the first week.
- Soak a Q-tip in hydrogen peroxide and gently clean the dried blood along the incision.
- Do not apply if there is no dried blood as this can cause irritation to the incision. Avoid rubbing.
- Let dry for 2 minutes.
- Apply polysporin ointment multiple times per day (keep incisions moist) for up to 7 days.
- You may protect your incision by wearing a loose medical mask when going outdoors.
- Hair removal, tweezing is permitted 2 weeks post-op. Waxing, shaving and threading is permitted at 4 weeks post-op.
- You may shower however, please avoid direct stream of water on the incision site.

SUTURE REMOVAL

- Sutures are generally removed 7-10 days following your surgery.
- Scar gel (sold in our clinic) may be used 14 days following surgery.

PHYSICAL ACTIVITY

- Do not lift anything over 10 pounds for the first 4 weeks, or bend over.
- 3 weeks post-op you may begin moderate exercise.
- 4 weeks post-op you can return to your regular exercise routine.
- 4 weeks you can resume intimacy.
- 6 weeks post-op you can resume swimming, saunas, hot tubs.

TRAVEL

- Travel is permitted 48 hours after surgery, however you may want to wait until sutures are removed.
- If you are travelling from another province for your surgery, you can have your sutures removed back home by a nurse or doctor with experience in suture removal.

MAKEUP AND SUNSCREEN

- Do not apply make-up to the incision site for 4 weeks.
- Sunscreen can be applied 2 weeks post-op. Avoid direct sun for one year.

SUPPLIES FOR HOME

- Q-tips, Hydrogen Peroxide, Polysporin Ointment
- Tylenol, Travel Pillow *Scar Gel and Arnica by Sinecch (both sold at our clinic)

IF YOU EXPERIENCE ANY OF THE FOLLOWING

- If you develop a rash, persistent fever, chills or sweating.
- If you notice a foul odour or yellow drainage coming from the incision sites.
- If you experience severe nasal or throat pain, that is *NOT* controlled with Tylenol.
- If you experience persistent bleeding that *does* not lessen or gets worse
- Persistent vomiting and inability to drink liquids for greater than 4 hours.
- Shortness of breath, chest pain, weakness or numbness in the face or limbs.
- Contact Dr. Philip Solomon directly at: info@solomonfacialplastic.com OR call our office: 905-764-7799 OR email our office: officestaff.solomon@gmail.com

IF WE ARE NOT ABLE TO BE REACHED, PLEASE GO TO YOUR NEAREST HOSPITAL EMERGENCY FOR ASSESSMENT

- Please notify our office, of any unexpected admission to the hospital within 10 days of your procedure.