

LINDA M. WATERS, M.D., FRCS(C), FACS

Plastic and Reconstructive Surgery
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Face Post-Operative Instructions

1. **Diet:** Start with clear liquids (soup, jello, juices, popsicles, carbonated beverages or water), and then advance to your regular diet.
2. **Activity:** Refrain from any strenuous activity for 2 weeks. Elevate your head throughout the 24-48 hours after surgery to help reduce swelling. You may sleep on an extra pillow, or sleep upright in a recliner. Gradually resume your normal exercise routine 2 weeks after surgery.
3. **Important Care:** Use the pain medication prescribed as necessary for pain. Do not rub your face while the wounds are healing. Do not use makeup for one week after surgery. You may shower 3-5 days after surgery, or as advised by Dr. Waters.
4. **Miscellaneous:**
 - a. No alcohol for 24 hours or while taking pain medication.
 - b. No driving until 1 week after your surgery.
5. **What to expect:** Bruising and swelling will increase in the first few days after your surgery and then will begin to resolve. It may take several weeks for the complete resolution. Expect minimal discomfort for a day or two.
6. **Contact Information:**

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Dr. Waters' Pager: (650) 723-8222 ID# 13514
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