

HARMON

FACIAL
PLASTIC SURGERY



PRE-OPERATIVE & POST- OPERATIVE INSTRUCTIONS

Patient Name: _____

Surgery Date: _____

HARMONFACE.COM

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OPTIMIZING NUTRITION BEFORE AND AFTER SURGERY

Good nutrition from a healthy, varied, whole food i.e. unprocessed diet can have a significant positive impact on your healing after surgery. It is important to ensure that you eat foods that are rich in:

- Protein
- Fiber
- Omega-3 Fats
- Vitamins (e.g. Vitamin A, Vitamin C)

Refer to the following blog post (linked in electronic form of document) on the Harmon Facial Plastic Surgery website for more information on peri-operative nutrition that is written by a registered dietician (opinions are her own). It is also important to note that you should continue to avoid foods to which you are allergic (e.g. shellfish) or intolerant (e.g. dairy). Moreover, this text is not an endorsement of supplements.

Substances to Avoid Before and After Surgery

Some substances can increase inflammation in the body, which can impair healing after surgery.

Try to avoid or minimize eating food with refined flour and/or refined sugar. Avoiding or minimizing these products may improve wound healing – thereby potentially reducing your risk of infection – by decreasing inflammation in your body.

It is very important to avoid using alcohol both before and after surgery, as discussed in the general peri-operative instructions below. Alcohol is also a pro-inflammatory substance that can increase your risk of bleeding during and after surgery.

Protein Rich Foods

Protein is an essential building block for growth, wound healing, and fighting infections. Therefore, it is important to eat a protein rich diet to optimize recovery.

High-quality, whole foods are the best way to acquire protein. Protein rich foods include:

- Beans
- Soy
- Poultry (e.g. chicken, turkey)
- Eggs

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- Nuts and seeds
- Shellfish (e.g. oyster, mussel, clam)
- Wild-caught fish

Shellfish are also rich in zinc, which is beneficial for the immune system.

Avoid protein shakes, if possible, because they can be a significant source of refined sugar.

Poultry is rich in glutamine and arginine, two amino acids that may aid healing. Glutamine can protect cells during times of stress, such as illness and injury. Arginine can assist collagen production and, therefore, wound healing. It is ideal to eat poultry that is pasture-raised and fed organically.

Eggs are not only an excellent source of highly absorbable protein but also contain nutrients (e.g. Vitamin A, Vitamin B12, zinc, iron, and selenium) that can support immune health and, therefore, wound healing. It is ideal to eat eggs produced by chickens that are pasture-raised and fed organically.

Nuts (e.g. almonds, pecans, walnuts) and seeds (e.g. sunflower, hemp) provide plant-based protein, healthy fats, and vitamins, and minerals that can support healing.

Fiber Rich Foods

Fiber benefits gut health by reducing the risk of constipation. Fiber can also reduce blood glucose i.e. sugar levels, thereby helping reduce inflammation.

Foods rich in fiber include:

- Nuts
- Beans
- Seeds
- Fruits

Omega-3 Fat Rich Foods

Omega-3 fats may promote wound healing, enhance the immune system, and reduce inflammation. Furthermore, omega-3 fats can improve your body's ability to absorb some vitamins in the gut.

Foods rich in omega-3 fats include:

- Salmon
- Walnuts

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- Olive Oil
- Avocados

Salmon is rich not only in omega-3 fats but also B vitamins, selenium, iron, and zinc. It is ideal to eat wild-caught salmon.

Pistachios and pecans are nuts that are also rich in omega-3 fats.

Foods Rich in Vitamins

Foods rich in vitamins and minerals are essential to any diet, as was hinted at above. Vitamin A and vitamin C can help with wound healing.

Foods that are rich in Vitamin A include:

- Oranges
- Carrots
- Sweet Potatoes
- Cruciferous Vegetables (e.g. kale, broccoli, cauliflower, brussels sprout)
- Leafy Greens (e.g. spinach, arugula, mustard green)

Leafy greens are also rich in the following:

- Manganese
- Magnesium
- Folate (Vitamin B9)

Foods that are rich in Vitamin C include:

- Citrus Fruits (e.g. orange)
- Berries
- Potatoes
- Tomatoes
- Melons
- Bell Peppers
- Cruciferous Vegetables (e.g. kale, broccoli, cauliflower, brussels sprouts)

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PRE-OPERATIVE INSTRUCTIONS

Four (4) Weeks Prior to Surgery

- Please schedule an appointment with your Primary Care Provider (PCP) for medical clearance WITHIN 30 days of your scheduled surgery date. Please take the medical clearance form to your PCP visit and have the requested testing performed.
- **IF SCHEDULED TO UNDERGO EYELID SURGERY (BLEPHAROPLASTY)** please provide the notes from a comprehensive eye exam performed by your optometrist or ophthalmologist within the past twelve (12) months or schedule an appointment for a comprehensive eye exam prior to surgery.
- Please fax the Medical Clearance Form with History and Physical notes, the eye exam (if required as listed above) as well as the results of all the testing requested NO LATER than 5 days prior to your scheduled surgery date. The fax number to send this information to is 513-813-1415, attention to Patient Care Coordinator, Stacey Chilton. Please inform us if there is any chance you are pregnant because surgery would need to be rescheduled.
- Please avoid scheduling an appointment to color your hair within four (4) days of your scheduled surgery date if you are undergoing facelift, neck lift, browlift, CO2 laser, or otoplasty.
- Purchase post-operative care items:
 - Compression stockings for all procedures requiring IV anesthesia
 - White petrolatum (e.g. Vaseline®) ointment for all procedures EXCEPT buccal fat removal, upper blepharoplasty, or lower blepharoplasty
 - Hydrogen peroxide for all procedures EXCEPT buccal fat removal
 - Q-tips for all procedures EXCEPT buccal fat removal
 - Refresh Plus Preservative-Free Eye Drops for upper or lower blepharoplasty ONLY
 - Saline nasal spray for rhinoplasty ONLY
 - Paper surgical tape for rhinoplasty ONLY
 - Non-stick gauze pads for rhinoplasty ONLY
 - Unscented baby shampoo for facelift, neck lift, browlift, CO2 laser, or otoplasty ONLY
- STOP all nicotine-containing products, including cigarettes, vaping liquids, pipe tobacco, chewing tobacco, nicotine patches, nicotine lozenges, and nicotine gum. **Nicotine interferes with circulation (blood flow). As a result, the use of nicotine prior to surgery may adversely affect your healing (blog post linked in electronic form of document).** The use of nicotine prior to surgery also increases your risk of complications from the administration of anesthesia. While you must discontinue these products at least four (4) weeks prior to surgery, it is strongly recommended to discontinue the use of all nicotine-containing products at least **SIX (6) WEEKS** prior to surgery.

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- STOP hormone replacement therapy (HRT) if taking estrogen AND progesterone by mouth (oral) unless strongly recommended to continue by your prescribing physician for significant medical reasons. Combined oral estrogen and oral progesterone HRT can significantly increase your risk of developing a venous thromboembolism (VTE)/blood clot after surgery if taken through surgery. In fact, it is strongly recommended to discontinue the use of these medications, if possible, **SIX (6) WEEKS** prior to surgery.

Two (2) Weeks Prior to Surgery

- STOP aspirin and all NSAIDs (e.g. ibuprofen). These medications may cause excessive bleeding and/or bruising.
- STOP herbal supplements, dietary supplements, Vitamin E, multi-vitamin, fish oil and Flaxseed oil (e.g. Omega-3, Omega-6). These supplements may cause excessive bleeding and/or bruising.
- STOP steroids taken by mouth or injection unless strongly recommended to continue by your prescribing physician for significant medical reasons.
- STOP using all “anti-aging” products, including those that contain glycolic acid, alpha-hydroxy acid, beta-hydroxy acid, and salicylic acid
- STOP waxing and other hair removal products.
- STOP all exfoliating products and/or instruments.
- STOP GLP-1 agonists (weight loss medications e.g. semaglutide, tirzepatide) taken by injection or by mouth (oral). Discontinue your injected GLP-1 agonist for at least two (2) doses prior to surgery. Discontinue your oral GLP-1 agonist for at least two (2) weeks prior to surgery. In fact, it is recommended to discontinue the use of these medications, if possible, **FOUR (4) WEEKS** prior to surgery. If you cannot stop the use of these medications in this time frame prior to surgery as recommended by your prescribing physician for medical reasons, then please let the office know as soon as possible.
- Minimize sun exposure.

One (1) Week Prior to Surgery

- Pick up the prescriptions that have been sent to your preferred pharmacy. They will be sent approximately one (1) week prior to your scheduled surgery date.
- STOP the consumption of alcohol. Alcohol may cause excessive bleeding and/or bruising.

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Two (2) Days Prior to Surgery

- **IF SCHEDULED TO UNDERGO FRACTIONAL CO2 LASER RESURFACING** please start taking the valacyclovir or acyclovir anti-viral medication as prescribed starting two (2) days prior to your scheduled surgery date.
- **IF SCHEDULED TO UNDERGO A FACELIFT/NECK LIFT, RHINOPLASTY, LIP LIFT, AND/OR CHIN/CHEEK IMPLANT** please start applying the prescribed mupirocin (e.g., Bactroban) ointment to inside of both nostrils using a q-tip as prescribed starting two (2) days prior to your scheduled surgery date. **DO NOT** apply it on the morning of surgery.

One (1) Day Prior to Surgery

- Harmon Facial Plastic Surgery will call you to confirm your arrival time.
- Please confirm with the office that you have a friend or family member to pick you up from the office after surgery if receiving oral or IV anesthesia.
- **DO NOT** eat or drink anything starting eight (8) hours prior to your scheduled surgery date and time if undergoing IV anesthesia. This includes sips of water, candy, and chewing gum. A state of fasting is required to planned anesthesia. **FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN RESCHEDULING YOUR SURGERY.**

Day of Surgery

- You may brush your teeth. However, please do not swallow water if you are undergoing IV anesthesia.
- **DO NOT** wear makeup or apply lotions or creams the day of surgery.
- Please bring all your prescriptions with you as prescribed by Dr. Jeffrey Harmon.
- Please wear a top that closes from the front. We recommend that you wear comfortable clothing including sweatpants, socks, and sneakers or non-slip flat shoes. You will leave your pants and underwear (including bra) on for surgery. You will change into the provided non-slip socks and gown for surgery.
- Please bring a small bag with your personal belongings. This bag and your belongings will be stored safely at the office during your stay.
- If you are undergoing surgery **WITHOUT** IV anesthesia, you may keep to your regular home diet the morning of surgery. Also, please take the antibiotic and/or antiviral medication as prescribed prior to surgery with water if you are undergoing surgery without IV anesthesia.

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POST-OPERATIVE INSTRUCTIONS BY SURGERY/PROCEDURE

Any **URGENT CONCERNS** or **EMERGENCIES**: If you have a true medical emergency call **911**. If you have **URGENT CONCERNS**, call the clinic number **513-813-1400**. If you call after clinic hours there will be instructions on how to connect directly with Dr. Jeffrey Harmon by phone.

General Instructions for All Surgeries/Procedures

- **Physical Activity:** Rest is very important after your surgery on the day of your surgery. Take gentle walks around the house and/or outside as tolerated during the first fourteen (14) days after surgery. However, **DO NOT** bend down, lift greater than 10 - 15 lbs, or perform any strenuous activities for the first fourteen (14) days after surgery. The risk of over-exertion after surgery includes excessive swelling and bleeding. You may slowly increase your level of physical activity starting fourteen (14) days after surgery. Please allow your body to dictate the rate at which you increase your physical activity. We recommend slowly increasing your physical activity to normal over the course of approximately four (4) weeks after surgery.
- **Bathing:** You may start bathing your body one (1) day after surgery. Also, you are encouraged to keep the incisions clean with a gentle face cleaner. However, please do not soak your face underwater in a bathtub after surgery. You will see additional information on cleaning (including hair washing) and surgical site care specific to each procedure below. Please note that specific hair care instructions are provided for after hair restoration surgery below that may differ from that written above.
- **AVOID** direct sun exposure of the surgical site. Wear hats when outside. Apply mineral sunscreen – **NOT** chemical sunscreen – to your face and the incision sites once the incisions have healed and you have been cleared to do so by Dr. Jeffrey Harmon.
- Keep your head elevated when you sleep for the first fourteen (14) days after surgery. You may either sleep in a recliner or with 2 – 3 pillows. This can help reduce your post-operative swelling.
- Some swelling and bruising is expected after surgery. The severity and recovery of swelling and bruising vary from person to person. Most individuals experience gradually increasing swelling at the surgical site(s) over the first forty-eight (48) to seventy-two (72) hours after surgery followed by a gradual decrease in bruising and swelling. Acute, severe swelling, especially if associated with acute, severe worsening of pain and/or bruising, within the first seven (7) days after surgery is abnormal. Dr. Jeffrey Harmon should be informed of this immediately if it occurs.

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- A fever is a normal occurrence within the first twenty-four (24) to forty-eight (48) hours after surgery. Infections are rare after facial plastic surgery. However, please inform Dr. Jeffrey Harmon immediately if you develop a fever greater than forty-eight (48) hours after surgery, especially if the fever is associated with new, localized pain, swelling, redness (erythema), and/or drainage at the surgical site. This may be indicative of an infection.
- Wear the compression stockings day and night unless bathing or if they need to be removed for another commitment for the first seven (7) days after any surgery requiring IV anesthesia. Then, wear them only at night until fourteen (14) days after surgery.

Facelift (Rhytidectomy) and/or Neck Lift (Platysmaplasty)

- Please wash your hair the morning of surgery. However, DO NOT use hair conditioner.
- DO NOT wash your hair with water or shampoo until cleared to do so by Dr. Jeffrey Harmon. This approval will likely occur post-operative day four (4) or five (5). When approved, please use unscented baby shampoo on your hair only and scrub gently until all sutures are removed and the incisions have adequately healed as determined by Dr. Jeffrey Harmon.
- The head/neck dressing and both drains are usually removed the day following surgery (post-operative day one [1]). Please note that one or more drains may remain in place for longer based on need and/or your healing.
- You may be provided with an elastic compression wrap for your face and neck the day following surgery. Proper placement will be demonstrated for you by Dr. Jeffrey Harmon and/or the staff at Harmon Facial Plastic Surgery. You will wear the wrap around your face day and night – except for times when you are washing your face and hair and/or caring for your surgical sites - for seven (7) days after surgery. You will then transition to wearing the wrap only at night until fourteen (14) days after surgery.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply bacitracin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vasline® ointment to the incision sites twice daily liberally after stopping the bacitracin antibiotic ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed gradually, at post-operative day four (4) or five (5), between seven (7) and ten (10), and between ten (10) and fourteen (14) as determined by Dr. Jeffrey Harmon during your post-operative follow up visits.
- Please wait at least four (4) weeks after surgery before coloring your hair.

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Nose (Rhinoplasty) Surgery

- Please keep the cast on your nose dry. It will be removed approximately seven (7) days after surgery. Please note it is normal for the cast to loosen over those seven (7) days as natural oils accumulate on the skin of your nose. Please contact the office at 513-813-1400 if the cast falls off completely prior to its planned removal by Dr. Jeffrey Harmon.
- You will be discharged home with a drip pad/mustache dressing taped under your nose after surgery to catch any blood. You will be provided with additional gauze pads and tape. You and your caregiver will be instructed on how to change the pads as needed. Expect to change the dressing multiple times during your first day and night after surgery. Please call the office at 513-813-1400 if you have any concerns about how much bleeding is occurring from your nose.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply bacitracin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the bacitracin ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed, either post-operative day four (4) or five (5).
- DO NOT blow your nose for four (4) weeks after surgery. Sneeze with your mouth open for four (4) weeks after surgery.
- AVOID activities that risk trauma to your nose for at least six (6) weeks after surgery.
- Please begin using saline sprays in each nostril approximately four (4) to five (5) times daily starting one (1) day after surgery for fourteen (14) days after surgery.

Brow (Lateral Temporal) Lift Surgery

- Please wash your hair the morning of surgery. However, DO NOT use hair conditioner.
- DO NOT wash your hair until cleared to do so by Dr. Jeffrey Harmon. This approval will likely occur post-operative day four (4) or five (5). When approved, please use unscented baby shampoo on your hair only and scrub gently until all sutures are removed and the incisions have adequately healed as determined by Dr. Jeffrey Harmon.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.

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- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for 3 days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin antibiotic ointment until fourteen (14) days after surgery.
- Stitches (Sutures) will be removed at approximately days seven (7) and ten (10) after surgery.
- Please wait at least four (4) weeks before coloring your hair.

Lip Lift

- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Stitches (Sutures) will be removed on days three (3) or four (4) and five (5) after surgery.

Upper or Lower Eyelid (Blepharoplasty) Surgery

- Apply cold compresses or a cold towel GENTLY/LIGHTLY to the upper and lower eyelids twenty (20) minutes on and twenty (20) minutes off for the first forty-eight (48) hours after surgery to reduce swelling.
- Apply the erythromycin ophthalmic (eye) ointment to the incision sites twice daily liberally for five (5) days then stop. Apply the erythromycin ointment to the eye(s) itself/themselves twice daily liberally for 5 days then stop if you experience pain and/or light-sensitivity after surgery. Please note an alternative medication will be prescribed if you are allergic to erythromycin.
- Stitches (sutures) will be removed on day five (5) or six (6) after surgery.

Fractional CO2 Laser Resurfacing

- You may wash your face with lukewarm water and a gentle face cleanser starting the evening following your treatments. Please wash your face with lukewarm water and a gentle face cleanser twice daily to wash off Vaseline® ointment prior to replacing it and to allow treated skin to slough off.
- Apply Vaseline® ointment to the area(s) of the face treated twice daily liberally for the first seven (7) days after surgery then stop. You may wash the ointment off the face with lukewarm water as needed. You may apply the ointment more than twice daily if you feel a

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thick layer does not remain on the face.

- DO NOT pick, scrub, or rub the face.
- It is very important to maintain good hydration post-treatment.
- AVOID SUN EXPOSURE for at least 3 months after treatment to minimize post-treatment redness and to reduce the risk of pigmentary changes developing on your skin. Please use a hat and mineral sunscreen with an SPF of 30 or greater daily after your skin has healed, which is approximately seven (7) to ten (10) days after surgery. Dr. Jeffrey Harmon will clear you for the use of mineral sunscreen at follow up.
- Dr. Jeffrey Harmon will evaluate you and clear you for the use of skin care products after healing is complete.

Chin Augmentation

- The tape on your chin should remain in place until removed by Dr. Jeffrey Harmon, approximately seven (7) days after surgery.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision site twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed on days five (5) and seven (7) after surgery.

Cheek Augmentation

- Please use the prescribed mouthwash as instructed.
- Stitches (sutures) in your mouth will dissolve on their own.

Fat Grafting/Transfer/Augmentation

- The sites through which the fat is placed do not have stitches (sutures) and heal on their own.

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- Stitches (sutures) at the site where the fat was removed (e.g. hips, inner thighs, abdomen) will dissolve on their own.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision site(s) twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.

Neck Liposuction

- Continue to wrap the elastic wrap provided around your head and under your jaw as demonstrated day and night for seven (7) days after surgery then wear it at night only until fourteen (14) days after surgery.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- Stitches (Sutures) will be removed approximately seven (7) days after surgery.

Otoplasty

- Continue to wear the elastic wrap as demonstrated day and night for three (3) days after surgery then wear it at night only for an additional five (5) days.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.

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- Stitches (Sutures) will be removed post-operative approximately days five (5) and seven (7).

Earlobe Repair

- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed seven (7) days after surgery.

Scar Revision

- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed approximately seven (7) days after surgery.

Hair Restoration Surgery

- If you have grey hair and color your hair, please color it within three (3) days of your surgical procedure. This allows the hair to be better visualized. You will be able to color it again starting three (3) weeks after the procedure.
- Please eat a large breakfast the morning of your procedure. However, DO NOT drink coffee or any caffeine-containing drink the morning of your surgery. You will be provided lunch and breaks during your procedure.
- The donor area will be cleaned before leaving the office. There may be some bleeding from several graft sites and the donor site during the first twenty-four (24) hours after surgery. Please apply light pressure with clean gauze for approximately ten (10) minutes or less in the location of bleeding. Contact Dr. Jeffrey Harmon at 513-813-1400 if the bleeding

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persists for longer than ten (10) minutes.

- Place a towel behind your head on the location where you will be sleeping if a small amount of blood comes from your incision and/or the graft sites.
- It is normal to experience swelling of the forehead and possibly even the eyes after surgery as the swelling migrates from the surgical site.
- Please avoid any strenuous activity until at least four (4) weeks after the procedure. You may go on walks and perform your normal activities of daily living, however.
- Please avoid direct sun exposure to the areas transplanted for one (1) month after surgery. A loose-fitting hat is appropriate to protect the areas transplanted from the sun. You may start using your own clean, loose-fitting cap starting seven (7) days after surgery.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- Stitches (sutures) will be removed between post-operative days ten (10) and fourteen (14) after surgery.
- Please spray your scalp where the hair follicles were placed with the saline in the spray bottle provided twice daily for seven (7) days after surgery to keep the recipient site(s) moist.
- You may use a bowl filled with lukewarm and gently pour it over the hair, including the transplanted sites, once daily starting one (1) day after surgery.
- You may start washing your hair with unscented baby shampoo starting seven (7) days after surgery. Please lather the shampoo on your fingertips prior to apply it and apply it gently to the scalp each day. Do not use a shower to wash this shampoo off. Rather, use the bowl you used for the first seven days after surgery to gently rinse the shampoo out.

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- You may start showering normally with your normal shampoo starting fourteen (14) days after surgery. However, please do not start using conditioner until four (4) weeks after surgery.

Buccal Fat Removal Surgery

- No dressings will be placed after surgery because all incisions are in the mouth (intra-oral).
- The sutures (stitches) placed inside the mouth will dissolve on their own. They do not need to be removed.
- Please use the prescribed mouthwash as instructed.
- Tightness in the jaw, including some difficulty opening the jaw, can sometimes occur after surgery. Though not expected, please contact the office at 513-813-1400 if this is preventing you from eating.
- Gradual swelling of the cheeks is normal after surgery. However, please contact the office at 513-813-1400 if you experience acute-onset, severe swelling with new or worsening pain and/or drainage from your intra-oral incision sites.

Mohs Excision Reconstruction Surgery

- If you have a pressure dressing on your face and/or a cast on your nose, this will be removed one (1) day after surgery at your first follow up appointment.
- Clean dried blood and/or crusting at the sutures (stitches) using q-tips soaked in a 1:1 water (50%) to hydrogen peroxide (50%) mixture. Please use this sparingly. You do not need to clean the suture (stitch) sites with this mixture if there is no blood and/or crusting.
- Apply mupirocin antibiotic ointment to the incision sites twice daily liberally for three (3) days then stop. Start applying Vaseline® ointment to the incision sites twice daily liberally after stopping the mupirocin ointment until fourteen (14) days after surgery.
- If you have a bolster dressing on your ear this will be removed approximately five (5) days after surgery.
- If you have a bolster dressing on your face for a skin graft this will be removed approximately seven (7) days after surgery.
- Stitches (sutures) will be removed between five (5) and ten (10) days after surgery.

HARMON

FACIAL
PLASTIC SURGERY