



Aesthetica Clinique, LLC

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253.627.1001

POST OP INSTRUCTIONS

Dr. Potyondy and his staff are available to answer any post-op or procedural questions or issues at the following phone number:

Office- 253.627.1001 (NOTE: If after hours, call 253.448.0057 to reach Dr. Potyondy's Cell Phone)

Following are some general post op instructions:

- Blepharoplasty Surgery: You may apply cold packs (light weight only) over the eye area for 24 hours. You can use light weight packs or simply take cotton/gauze pads and submerge in ice water and place over dressing. Also apply lacrilube ointment on lids to maintain moisture. Do NOT pull at sutures and leave any brown steristrip bandages in place until your follow up appointment
- Bathing: Following surgery, no baths (or anything where the incision area is exposed to sitting water- e.g. pools, lakes, etc.) are allowed for a period of 1 month. Showers are permitted, however, we recommend that shower head spray is directed away from incisions. For example, if you had breast surgery, keep your back to the shower head so that water pressure is not directly hitting the incision.
- Over the Counter Pain Medicine: **Tylenol only**. No aspirin or ibuprofen (e.g. Advil, Bayer, Motrin, etc.) as these medicines can lead to excess bleeding. If you want to take anything besides Tylenol or your prescription pain medicine, please call our office first.
- Prescription Medicine: Take prescribed pain medicine and antibiotic as directed by Dr. Potyondy. You may want to take pain medicine with small amount of food to prevent nausea. If you develop vomiting or severe nausea, please call the office as we may need to adjust your prescriptions.
- Wound care: Leave steri-strips and bandages in place as we will do any dressing changes needed. Try to keep steri-strips as dry as possible (as that prevents them from falling off too soon). Do not apply any additional dressings, ointments, solutions or gauze to surgical site unless directed by our office. If you develop a fever over 101 (F), call the office or Dr. Potyondy directly.
- Other: Avoid pressure on the incision areas as that can lead to wound healing issues. That means no restrictive clothing or altering wound dressings in any way or lying on stomach.
- If you have drains, we will provide separate instructions for drain care
- If you notice any significant changes in swelling, wound appearance, discoloration, etc. please contact our office or, if after hours, Dr. Potyondy.
- You will need to have someone with you for at least 24 hours post surgery.

For Fractional CO2 Laser Patients:

- Keep ointment on skin for first 3 – 4 days after surgery. You will need to apply this approx. 4 – 5 times a day. This is to keep skin moist, so you may need to apply more frequently depending upon how dry skin is.
- Prior to each application of ointment, you will want to wipe “crust” with a wash rag that has been soaked in a solution of warm water mixed with small amount of white vinegar (approx. tablespoon).
- Expect swelling and some pixel bleeding for first few days (NOTE: you may want to put a towel down over your pillow to help keep pillowcase clean)
- Do not attempt to put make up/other lotions on until approx. 1 week
- If you have any questions, please call Dr. Potyondy