



MR DANIEL BUNKER
Specialist Plastic Surgeon

BE (Hons I Medal) MBBS (Hons) MS FRACS

13 High Street East Launceston 7250

info@plasticsurgerytasmania.com.au

www.plasticsurgerytasmania.com.au

(03) 6776 0150

Facial Aesthetic Surgery Postoperative Information

Follow-up Appointment

- Date:
- Location: ☐ Rooms ☐ GP ☐ Other: _____

General Preoperative Advice

- Prior to surgery, take time to ensure you have planned for your recovery. This may include organising meals, delegating physical tasks, or ensuring your medical certificates are in place for work. Proper planning will ensure you maximise having a restful and uneventful recovery.
- Patient Information Handouts specific to your procedure are in your personalised folder. If you lose these, there are copies on our website under the 'Patient Resources' tab.
- Start taking vitamin C 1 gram daily 4 weeks prior to surgery. You may require additional supplements, such as iron, depending on your preoperative blood test results.
- Ensure you are eating a healthy balanced diet rich in lean protein, whole grains, fruits, vegetables, and healthy fats. Probiotics are also helpful in the perioperative phase when you are taking antibiotics.
- Observe fasting guidelines: fast from all food for a minimum of 6 hours before hospital admission time. Water only is allowed up to 2 hours before your admission.
- If you have been advised to order a postsurgery garment, bring it on the day of surgery.
- Smoking or vaping slows wound healing, increases the chance of infection and compromises your results. You should not undergo any cosmetic surgery while smoking or vaping. See your GP for help with smoking cessation.

Dressing Advice

- Eyelid Surgery: eyelid skin is very thin and prone to bruising and swelling. For the first 48 hours, regular application of cool compresses (such as ice wrapped in a towel) is helpful, along with elevation of the head. You will be given Chlorsig® ointment to apply to the fine incisions over your eyelids twice a day, leaving the Steri Strip™ tapes intact. You may shower from the shoulder down and use a flannel to wash your face, avoiding the eyelids. **Should you have increasing pain, changes in vision or pain on moving the eyes, present to the nearest emergency department immediately.**
- Prominent Ear Correction: You will have a wrap placed around the head to protect the ears that should remain in place until your first postoperative review. The only reason to remove this early is if you have increasing pain not responding to oral analgesia which may signify bleeding or infection. At your first post-operative visit, the dressing is removed. At this stage, a wide head band is applied over the ears and used for 6 weeks total. It is particularly important to wear your head band at night, to avoid rolling over and catching your ear on the pillow which can pull out sutures.
- Facelift and Neck Lift: If drains are used they are usually removed on the first postoperative day. It is normal to have swelling and bruising, which is treated with elevation, compression and steroids.

- Your postoperative garment will help provide the compression you need to support your face and neck as they heal. Some patients feel more comfortable eating softer foods for the first 2-3 days.
- Rhinoplasty: The external splint is important to prevent any impact on the nose damaging your surgical repair. It also helps to reduce swelling. The splint is taped onto the face to prevent it coming loose. The nasal bolster under the nose can be changed as required. Internal nasal splints are removed at first postoperative visit (week 1).

Postoperative Restrictions

- No intense physical activity for 4 weeks. Exertion increases your blood pressure which can lead to bleeding or tension on the wound edges causing them to separate.
- No heavy lifting for 6 weeks.
- Walks and gentle activity are encouraged.
- For Facelift and Neck Lift procedures, avoid driving for the first 2 weeks after surgery.
- You should not swim for 2 weeks (or until wounds have healed) and must not attempt to put on a helmet for 8 weeks (particularly after prominent ear correction surgery).
- Follow any additional dressing instructions given by Mr. Bunker.

Bleeding

There is occasionally some 'strike-through' present on the dressings. Removing the dressing exposes the sterile wound to infection. If ooze is noted, attempt direct pressure for 10-15 minutes, ideally with something cold (such as ice wrapped in a towel). If the bleeding does not settle or the wound becomes tender or swollen, see Concerns.

Medications

Pain relief and antibiotics will be prescribed prior to discharge. Please take them as directed.

Infection

Infection can present as increased pain, redness, ooze or a foul smell. If you have concerns regarding infection please call the rooms so we can arrange for an expedited review.

Scar Care

After removal of sutures, application of a scar reduction agent can help improve the final scar. We sell a range of Scar Care products in the practice which can be purchased before surgery or after your first dressing change. You should use these products for a minimum of 3 months. For facelift and neck lift surgery, postsurgery recovery packs are also available for purchase. Consult your Scar Advice handout for more detailed information.

Concerns

If you are concerned for any reason please contact the practice directly on (03) 6776 0150. In an emergency or out of hours please present to or contact one of the following medical centres.

- Urgent Care Centre at Newstead Medical, Launceston (03) 6338 9898
- Launceston Medicare Urgent Care Clinic at The Hub, Launceston (03) 6310 8309
- Urgent Care Clinic at MyClinic Plus, Devonport (03) 6406 5492
- Launceston General Hospital (03) 6777 6777


SPECIALIST PLASTIC SURGEON