



# facial bone reduction Aftercare Instructions

# Recovery timeline

## **Week 1-2:**

Significant swelling, bruising, and discomfort. Light walks. Bandages, splints, or drains may be removed. A soft or liquid diet is recommended. Avoid chewing, talking, or smiling excessively. Follow-up visit with the surgeon.

## **Weeks 3-4:**

Improved swelling and mobility. Transition to more accessible foods. Resume daily activities, such as work or school. Avoid strenuous activities, such as sports or exercise. Use sunscreen and sunglasses to protect the face.

## **Weeks 5-6:**

Much less swelling and soreness. Daily activities resumed. Resume non-strenuous exercise, such as jogging or cycling. Avoid contact sports or activities that may injure the face. Massage the face gently to improve blood circulation and healing.

## **Weeks 6-8:**

Almost complete recovery. The swelling and bruising are mostly gone. Facial bones and muscles are healed and stable. Resume a regular diet and exercise. Enjoy the results of the surgery.

Complete healing may take up to 3 months or longer, depending on the individual and the type and extent of the surgery. It is essential to follow the surgeon's instructions and advice and to report any problems or complications, such as infection, bleeding, or nerve damage.

# Medications

- Take prescribed painkillers, like hydrocodone, regularly for the first 1-2 weeks after surgery. Do not exceed dosage.
- Finish the entire course of prophylactic antibiotics, usually for 5-7 days post-op, to prevent infection.
- Use over-the-counter Tylenol thereafter for milder pain. Avoid aspirin and NSAIDs, which can increase bruising.

# Diet

- Stick to a soft food diet for the first week - soups, applesauce, yogurt, scrambled eggs, etc.
- Avoid extremely hot or spicy foods temporarily, as these can irritate swelling.
- Stay hydrated by drinking at least 8 glasses of water per day.
- Avoid alcohol while taking prescription pain medication.

## Activity Restrictions

- Rest with the head elevated 30-40 degrees on pillows for the first 2 weeks. Avoid bending over.
- Sleep on your back to take pressure off the operated facial areas.
- Avoid blowing your nose forcefully or any bearing down for 2 weeks post-op.
- No exercise, strenuous activity, or heavy lifting for 3-4 weeks after surgery. Start light training after 2 weeks.

## Incision Care

- Clean incision sites gently. Look for signs of infection - redness, swelling, oozing.
- Use ice packs periodically for the first 3 days to minimize post-op swelling and bruising.
- Apply prescribed antibiotic ointment over the closed incisions 2 times a day.
- Avoid direct sun on the incisions for at least 3 months.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



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