

Habib J. Khoury, M. D.
PLASTIC AND RECONSTRUCTIVE SURGERY

CONTOUR THREADS

INSTRUCTIONS

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Don't pull down or raise brow, smile or extend neck before touching pillow
- No drinking with straws
- Hold brow up if crying, coughing or sneezing
- Avoid yawning
- Avoid straining (because of involuntary grimacing)
- Cold compresses over face as tolerated x 48 Hours
- Elevate head above heart as tolerated x 48 Hours
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible, as this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Resume normal activities gradually.
- Return to work in `1-2 days, depending upon extent of surgery.

INCISION CARE

- You may shower & wash hair with baby shampoo at 48 hours after surgery.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep steri-strips on; replace if they come off.
- Keep incisions clean and inspect daily for signs of infection.
- Keep area clean and dry first 24 hours.
- No tub soaking while sutures are in place.

WHAT TO EXPECT

- Some bruising and swelling.
- May have slight bleeding from incision. Apply 4x4 gauze with slight pressure to control bleeding.
- Skin grafts and flaps may take several weeks or months to heal; a support garment or bandage may be necessary for up to a year.

APPEARANCE

- Final results of surgery may take a year or more.

FOLLOW-UP CARE

- Sutures will be removed in 5-14 days.

WHEN TO CALL

- If you have increased swelling or bruising
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.

For medical questions, please call:

- **Dr. Khoury's office, Monday-Friday, 24 hours**