



# OLNEY CENTER

— For Oral & Maxillofacial Surgery —

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*Diplomate American Board of Oral & Maxillofacial Surgery*

## **FaceTite and AccuTite Post-Treatment Instructions**

### 1-7 Days Post-Treatment

- **Medication:**
  - Take prescribed pain medication or Tylenol (not both), unless otherwise instructed.
  - Avoid aspirin or NSAIDs (Advil, Motrin, Ibuprofen, Naproxen, Aleve) can cause bruising and prolong healing.
  
- **Incision care:**
  - Incisions may drain for several days, this is normal. You may place gauze inside your compression garment to absorb any drainage.
  - Keep the incisions clean. After 48 hours, cleanse the incisions gently with mild soap such as Cetaphil or CeraVe and water.
  - Apply an antibiotic ointment or Aquaphor to the sites.
  
- **Compression garment:**
  - Keep the garment in place for first 24-48 hours to minimize swelling and discomfort.
  - You may remove the garment for bandage changing and laundering.
  - Must continue to wear at night for 3-4 days as tolerated.
  
- **Sleep elevated:**
  - On your back with at least two pillows.
  
- **Massage:**
  - Massage all treated areas using your hands, apply light pressure slowly and deeply in an upward motion.
  - Do these 3 to 4 times per day, approximately 5 minutes at a time.
  
- **Do not** use heat or ice on treated areas.
- Makeup can be applied after 72 hours, avoid incision sites.
- Facial shaving should only be done with electric razor.

## 1-4 Weeks Post-Treatment

- **Avoid**
  - Gym/sauna/exercise.
  - Swimming/Hot tubs do not immerse incisions in water.
  - Using drying facial products including retinol and acids (salicylic, Glycolic).
  - Smoking for two weeks as it delays healing.
  - Drinking alcohol, as it may increase bruising/complications, and prolong downtime.

Depending on the procedure; case specific timelines will be given

## What to Expect

- Scabs may appear during the healing process. Do not pick the scabs.
- If sutures are placed, they will be removed 1 week after treatment.

## **CALL THE OFFICE 301-924-2155 IF YOU EXPERIENCE:**

- Excessive discomfort not controlled by the pain medication.
- Increased swelling or fever above 101 degrees after the fourth day.
- Any questions related to the procedure.