



Joshua D. Rosenberg, M.D.
Assistant Professor
Facial Plastic & Reconstructive Surgery
Microvascular Reconstruction

***The Center For Facial Plastic and
Reconstructive Surgery***

Manhattan
*5 East 98th Street
8th Floor, Box 1191
New York, New York 10029
Patients: (212) 241-9410
Fax: (212) 427-4088*

Staten Island
*2052 Richmond Road
Suite. 1C
Staten Island, NY 10306
Patients: (718) 420-1279
Fax: (718) 420 -1289*

POST OPERATIVE INSTRUCTIONS

Facial Nerve Paralysis Surgery

In addition to the general post operative instructions you have been given, please follow these specific instructions for your procedure.

1. **Appointments:** Return to the office on the 5th day after your surgery for your first post-op visit and suture removal. Subsequent follow-up visits may be made at 2 weeks, 4 weeks, 6 weeks and 3 months after surgery. Appointments can be modified to account for your availability and follow-up appointments with other members of the surgical team.
2. **Sleeping:** Keep your head elevated above your heart at all times for 2 weeks post operatively. When sleeping, keep your head elevated using at least 3 pillows or in a reclining chair. Sleep on your back. A travel pillow may be helpful to support your neck as well.
3. **Showering:** Gentle hair washing with tepid water may be done on the 4th or 5th day. ***Do not take hot baths, hot tubs or hot showers for two weeks after surgery as this may cause bleeding.***
4. **Skin Care:** Cleanse the incision line with tepid water and a gauze pad or cotton tip. After cleansing applies a thin layer of ***Bacitracin ointment***. This should be done 2 times per day for the first week after surgery. After one week, please continue with the cleaning regimen but stop the Bacitracin ointment and begin using either ***Vaseline*** or ***Aquaphor ointment***. Other routine skin care may be resumed including facials 4-6 weeks after surgery. A mild moisturizer may be applied any time after surgery.
5. **Healing Process:** After the initial 2 weeks, you will notice that the healing process goes through many subtle stages. The brow, eyelids and corner of mouth will begin to settle into their natural position (this can take 3-6 months). Additionally, it takes approximately 1-2 years for scars heal and mature. Usually all will be resolved with time and patience.