



**Mount  
Sinai**

**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**

### *Wound Closure/Facial Reconstruction*

*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 5<sup>th</sup>-7<sup>th</sup> 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 4<sup>th</sup> or 5<sup>th</sup> day. ***Do not take hot baths, hot tubs or hot showers 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. Usually all will be resolved with time and patience. It takes approximately 1-2 years for scars and the surrounding tissue to heal and mature.