



My ELLEVATE POST CARE

Resting:

When sleeping or lying down, make sure you are positioned at a minimum incline of 45 degrees. Utilize this rule for your first 10 days of recovery. Using a couple of pillows or recliner works just fine.

Face Wrap or Face Bra:

Keep on at **all times for 7 days**. You will go home with this garment keep on while reading / watching TV / working on computer / looking down at phone. Any instance where your head would be in a declined angle, you must wear the brace.

Icing:

Ice the procedure area using frozen peas **for 20 minutes every hour** while awake. Take all dressings off during icing (*chin strap and neck brace*).

Bathing/ Hygiene:

From today on you may shower, but only using mild soaps or baby shampoo (*make sure water is not directly streaming on your face and shower with your back facing the shower head*). Do not shave for 10 days post-surgery. Hair trimming / hair clipping is acceptable.

Wound care:

Bacitracin Ointment for antibacterial care:

Apply a thin layer 2-3 times a day on all incisions (excluding eyes) for the next **7 days**.

Skin Care:

BioCorneum for scar treatment:

You can purchase this product during your suture/bandage removal appointment. Apply a small layer on all incisions 2 times a day (AM/PM).