



**Advanced Plastic Surgery Center**  
**Richard D. Redman, M.D., F.A.C.S.**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

- You may remove the dressing and cleanse the incision area this evening with soap and water and/or hydrogen peroxide. Continue to wash the area twice a day.
- Do not apply any ointment or cream while the sutures are in place.
- Please avoid products with Aspirin, Ibuprofen, Aleve, or Advil for 48 hours after surgery.
- If you have had a procedure done on your face, elevating your head 45° and applying ice will help to relieve swelling and bruising.
- When you are outdoors, the incision line should be kept covered with a Band-aid or dressing. Be sure to keep the Band-aid clean and dry and change it as needed.
- Sutures will be removed in 5- 7 days.
- Once the sutures have been removed, you should apply sunscreen with an SPF of 30 or greater to the reddened or pink incision line. When the line fades to white, you may stop applying the sunscreen.
- Don't drive the day of surgery or while taking narcotic pain medications.
- Do not drink alcoholic beverages for the next 24 hours or while taking narcotic medications.
- Do not make any important decisions or sign important papers for 24 hours.
- Call the office to schedule your follow up visit for \_\_\_\_\_.**

Please call the office at 288-2444 if you develop increased pain, redness, swelling, or drainage from the incision.

\_\_\_\_\_  
Patient Representative Signature

\_\_\_\_\_  
Physician/ Nurse Signature

\_\_\_\_\_  
Date