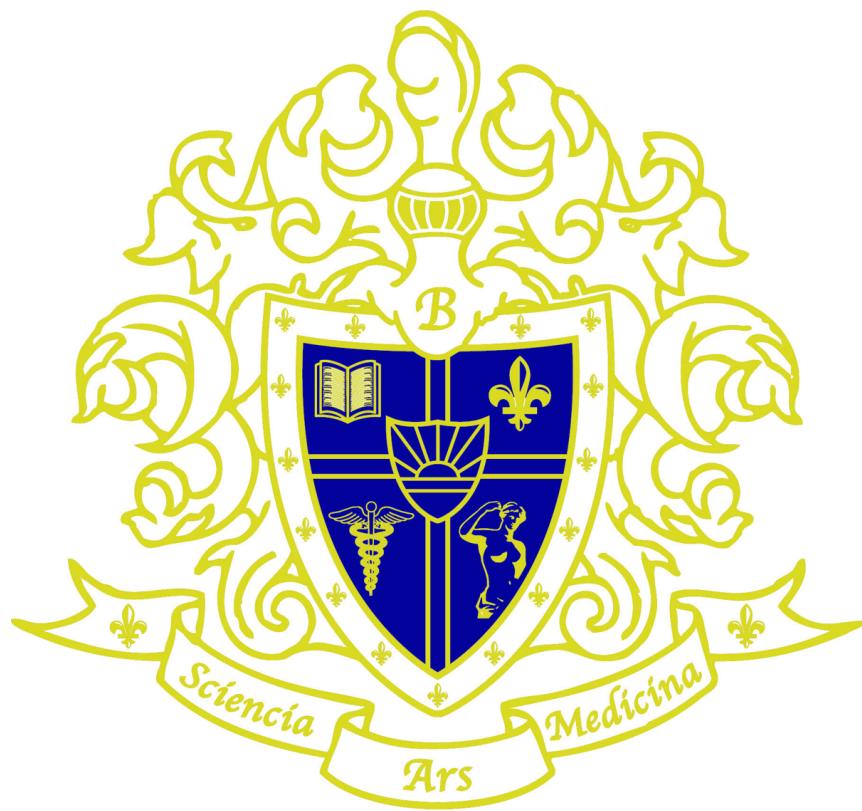


Facial Trauma



Beeson Cosmetic Surgery

Introduction

This packet has been produced to help you during your recovery. We know that these are difficult times and we hope to make your care easier. The information in this packet has been produced through years of experience. Following a trauma, one of the greatest concerns is that of scarring. The surgeon is not a magician and the expectations must be realistic especially when dealing with the uncontrolled conditions involved in traumatic injuries. While all injuries lead to a scar, the quality of the final scar is dependent on numerous factors. Your recovery could be expedited through strict adherence to these instructions. Please pay special attention to the "Do's and Don'ts" section of this pamphlet. We would like to thank you for allowing us to take care of you during this time of need.

Swelling and Bruising

After any type of trauma or injury no matter how minor, there is a certain amount of swelling and bruising that would be expected. The amount varies from person to person, but it always seems more in the face since there is looseness of the tissues and because even a small amount makes the features appear distorted. Often, the swelling and bruising becomes a little greater the second or third day after the injury. The swelling and bruising itself is not serious and is not an indication that something is going wrong with your injury.

Ice Compresses

Wash towels (not ice bag) dipped in ice water applied over the site of the injury or around the nose every 20 minutes for the first 48 to 72 hours may help reduce swelling, discomfort, and discoloration. They may be placed in a plastic wrapper (baggie, etc.) to avoid wetting the dressing and your clothing.

Elevated Head of bed

To help minimize swelling, the head of the bed should be elevated 30-40 degrees with pillows when laying down. You should keep the head of bed elevated while sleeping for duration of 2 weeks.

Dressing

A hypoallergenic tape dressing is often used to support the sutures. At times, corners may rise which you can simply cut, but do not remove the tape. You should avoid getting the tape wet. This tape will be replaced and removed in the office. If you had a nasal injury and underwent bony repair, then a splint will be applied to the nose. Keep this splint in place and avoid getting it wet.

It will be removed at your office visit and may be returned to you so that you can rest your glasses on it during the recovery phase.

Medication

You may be prescribed antibiotics or pain medications. If you are given antibiotics you must take it until they are finished. If you have any problems with them, call us. If you are given narcotic pain medication, you must avoid operating heavy machinery or driving while taking the medication. It is best to take pain medications on a full stomach to avoid nausea.

Pain

If you should have discomfort around the site of injury, apply cold compresses to the wound and neck area and take Extra-Strength Tylenol (for adults) or Children's Tylenol before resorting to stronger drugs. If this is ineffective, you may take the pain medication which has been prescribed to you. Do not combine Tylenol with prescribed pain medications; instead, wait until the next scheduled dose to take the prescribed medication. Unless medically necessary, you should avoid taking ASPIRIN or medications containing aspirin or salicylates without first consulting us. Be sure to check the labels of any pain medications you already have or any you will purchase from the drug store.

Hemorrhage (heavy bleeding)

It is normal to have light amounts of diluted oozing from wounds. If heavy bleeding does occur, it may be a sign that you may be overexerting yourself. Lay in bed, elevate the head, and apply ice compresses about the region. If bleeding has not subsided within 20 minutes of holding pressure report it to us immediately by phone. You may be asked to return to the emergency room.

Temperature

Generally, the body temperature does not rise much above 100.5 degrees following facial trauma and is due to the natural healing process. Patients will often think they have an increased temperature because they feel warm, but to be sure, you should measure your temperature by mouth. Report any persistent temperature above 100.5 degrees to us, or if you have chills or sweats.

Diet and Alcoholic Beverages

Following the repair of your trauma, you are encouraged to take moderate amounts of liquids to avoid dehydration. If injury is close to the mouth, it is best to avoid foods that require vigorous chewing for several days. As always, a well-balanced diet in moderation is recommended for those interested in maintaining their best physical condition.

Alcoholic beverages are to be avoided during the first week after trauma. Alcohol can make one feel "relaxed" and lower one's sense of awareness, which is needed to avoid disturbing the area of the injury. Additionally, alcohol can interfere with some of the medications that you might need to take and cause significant side effects.

Numbness

Parts of the face, neck, and ears sometimes feel weak or "numb" after the injury. This is usually temporary, and sensation returns in most cases. In some cases, however, numbness can persist, and muscles and nerves can suffer permanent and irreparable damage due to trauma.

Neurochecks

Because of the proximity of the face to the skull and the brain, head injury can accompany facial injury. Although initially in the emergency room a complete exam has been provided by the Emergency Room physician, it is possible to miss an occult head injury until after discharge. As a result, it is important to perform neurochecks every 1-2 hours for the first 24 hours after the injury. These neurochecks include the ability for the individual to identify self and location and being able to move all 4 extremities. Also, if a light is shined in their eyes their pupil should constrict. If pupils are unequal or are not responsive to light, the patient must be reevaluated in the emergency room. Some headache following head trauma is to be expected, but severe headache may be a sign of a more severe injury. Continuous nausea and vomiting may also be signs of a head injury. If any of these findings are abnormal, the patient should return to the emergency room immediately.

Bites

Human and animal bites are of special concern because of increased chances of infections. Pets or other domesticated animals that bite should be evaluated by a veterinarian within 24 hours of the incident so that they may be evaluated for rabies. We do ask that the veterinarian contact us within 24 hours of the animal's initial evaluation so that any risk of rabies transmission may be determined. Bites from wild animals should be reported to the local health department. Administration of rabies prophylaxis may be necessary for bites or scratches from high-risk animals such as bats, raccoons, foxes, skunks, woodchucks, and nondomestic dogs.

Wound Care

Wounds may be taped initially, and this must remain dry. When the tape comes off, you should go over the suture lines 3-4 times daily with peroxide on a Q-tip. Apply a small amount of bacitracin to the suture lines after you have cleaned them with peroxide. Report any excessive bleeding that persists after pressure for 20 minutes.

Infections

Many traumatic injuries are contaminated by bacteria at the time of injury. Lacerations are closed with sterile technique and patients are placed on antibiotics, but infection may rarely occur. Signs of infection include increasing pain, redness, swelling, pus drainage, chills, sweats, and fevers above 100.5. If these symptoms occur, please report them as soon as possible.

Scar Revision

If you have had stitches you will have a scar regardless of who the practitioner has been. If only the superficial skin has been damaged, the chances of scar formation are minimal, but if deeper layers are injured, scar formation is nearly certain. Many factors play a role in the healing process, including diet and general health. Although there is no guarantee of a good cosmetic outcome, there are many techniques that may be used during the healing process to improve final aesthetic results including laser treatment, Kenalog injection within the scar, topical creams/ointments, and peels. Ultimately further surgeries or scar revision procedures may provide the best results. As with all wounds final aesthetic results are not apparent until the healing area is mature at 12 to 14 months.

Resuming Activities

- **Wearing glasses.** If you have sustained a nasal injury and underwent repair, then you should avoid wearing glasses so that you do not re-bend the bones out of place. At times a splint will be given to you so that you may rest your glasses on it.
- **Hair and body care.** You may wash your hair with luke-warm water in a shower and comb it the day after your trauma. It is best to use baby shampoo as it is gentler to the region and you may shower 2-3 times a day to loosen any crusting that develops. However, if you do have any dressing or tape covering, you must be careful not to get them wet. You may want to wash your hair in a sink with your head back to avoid wetting your dressings. You **DO NOT** want to shower on the day your sutures have been removed. Do not bathe, swim, or go in a hot tub until 3 weeks after the trauma.
- **Activities.** You want to avoid any excessive activities such as heavy lifting or bending. You should avoid athletics for 4-6 weeks.

Returning to work or school. When you should return to work depends on the amount of physical activity and your trauma. Typically, you may return to work or school in 1-2 days. But occasionally you will be asked to stay at home for a longer period of time.

- **Sun exposure.** You should avoid sun exposure to the region for 3-4 months and when in sun you should wear strong sun block to avoid discoloration. You should avoid placing sun block until 7 days.
- **Makeup.** Avoid wearing makeup for the first 7 days.

Cost

Although we **DO NOT** participate in any insurance plan, we are more than happy to assist on your behalf in filing with your insurance company. Please bring any medical and auto (if trauma from vehicular collision) insurance records with you at the time of your first follow-up appointment to help expedite this process. However, you are ultimately responsible for the cost accrued during your care. Because of the large numbers of insurance plans and insurance companies we cannot be certain of specific coverage policies of your plan regarding out of network fees and coverages. It is your responsibility to know the coverage your insurance provides and the out of network policies of your insurance plan. Any office visit and follow-ups are free of charge within a global period; although, there will be a charge if any further interventions such as elective scar revisions, peels, or injections are desired. In cases of severe and extenuating financial hardship, we may be able to assist you in managing the cost of your care.

The Do's and Don'ts

In summary, it is recommended that you:

1. Apply ice to the region for the first 48-72 hours to decrease swelling.
2. Abstain from any excessive activity, heavy lifting or standing for first 7 days.
3. Avoid excessive sun exposure for 3-4 months and use strong sun protection when in the sun.
4. Avoid alcoholic beverages for 1 week.
5. Avoid driving or operating machinery if you are on pain medications.
6. Sleep with your head elevated for the first 2 weeks.
7. After the dressing/tape is off, clean around the incision with Q-tip dipped in peroxide 4 times a day and then cover with antibiotic ointment.
8. You may shower the day after your incision has been sutured.
9. You do not want to shower, swim, or go in a hot tub the day your sutures have been removed.
10. At times, tape dressings might be used. You do not want to remove them or get them wet. If they begin to peel you can cut the edges.
11. Avoid applying makeup to the region for 7 days.
12. If you have nasal injury you must avoid wearing glasses and be careful not to bump your nose as this might shift the bones out of position.
13. Because some head injuries manifest themselves hours, even days after the initial injury you want to look for any neurological changes and perform routine neurological exams for the first 48 hours. These include any change in behavior, any disorientation, continuous nausea or vomiting or any neurological deficits. You may want to perform routine exams during the night after the injury has occurred to look for vision changes, disorientation, and the ability to move extremities.
14. Check your temperature twice a day and call us if it is above 100.5 degrees or if you have chills or sweats.
15. Call if bleeding is noted that is not relieved by pressure and ice after 20 minutes.
16. **You may call us at any time with questions – 317-846-0846 / 317-690-2628**