

NAME _____ CHART# _____ DATE _____

**POST-OPERATIVE CARE FOR
SURGERIES AROUND THE MOUTH
(Valentine anguloplasty, circumoral peel,
shortening upper lip, etc)**

1. Nausea and/or perspiring are the first signs of fainting. If you experience this, immediately lie down with your head in a horizontal position and elevate feet. Failure to follow this rule could conceivably result in cardiac arrest (meaning your heart stops beating).
2. **You must keep incision free of crusts which form on and around the sutures. Use a Q-tip with soap and water.** We often instruct patients to apply Betadine (2-3 times daily) or Triple antibiotic ointment (1-2 times daily) to the operated areas after.
3. Sutures around the mouths are normally removed on the 3rd or 4th day with one final suture remaining until the 7th day.
4. Please start your Acyclovir prescription 24 hours prior to surgery if you have had cold sores, fever blisters, herpes or shingles.
5. Refrain from licking incision areas such as the corners of the mouth.
6. You may wear make-up, sun screen, and lotion when all incisions have healed, normally after the 7th to 10th day.
7. For patients who have had Valentine anguloplasty, don't open your mouth wide. Cut food into small portions and continue this for the first 10 days.
8. Please avoid direct sunlight if at all possible, for the first 3 months.
9. If you are uncertain of your instructions please call the clinic. **By following instructions, you will keep your incisions clean so they don't get infected and/or separate due to uncleanliness and/or infection.**

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