

# *Back Home*



# Recovery Phases

One of the most important factors in FGCS entails the appropriate postoperative management of the patient, both immediately after the operation and in the mid- to long-term. Proper recovery has a strong influence on whether the patient returns to her usual routine swiftly.

The immediate postoperative period is the most intensely influential phase, both physically and emotionally. It requires a strict protocol to ensure that the patient is given constant care and is made to feel that she is receiving the close support of the professionals involved in her treatment.

Finally, the patient should know that definitive and stable results may not appear until up to a year after the operation. The patient must have easy access to the specialists involved in her case at all times, keeping them up to date about her evolution and aware of any complications that need to be resolved.

During the FFS postoperative period, patients will encounter two phases as the healing evolves:

## Inflammatory Phase

Usually lasting 4–6 months, this part of the FFS postop may be divided into two sub-stages:

### 1. Early inflammatory stage

Occurs during the first 3–4 weeks after surgery, when the noticeable bruising and swelling persists. Pain and discomfort during this period may occur. Numbness is typically at its maximum level. During this period, wearing compression bandages to reduce the swelling is recommended after chin or jaw surgery.

Manual-lymphatic-drainage is very important in the postoperative treatment and care of facial feminization surgery being a technique that improves lymphatic circulation, its use helps to eliminate post-surgical edemas. MLD improves tissue scarring, decreases postoperative discomfort and accelerates recovery.

We've created a short video tutorial on how you can perform lymphatic drainage yourself, once you're back home.



Simply scan the QR-code.

### 2. Late inflammatory stage

Occurs around 2–6 months after surgery. At a much lesser degree, minor symptoms are common such as residual swelling, fibrous tissue presence, irregularities, asymmetry, etc., which may vary from day to day or even from morning to night.

Continuous pain is not expected, but some discomfort may still be present, especially stiffness in the area. Numbness diminishes gradually, slowly regaining sensation even for up to a year or more.

### 3. Tissue Re-adaptation Phase

Re-adaptation of the tissues initiates when the majority of the edema (swelling) has diminished to about 80%. It takes approximately 12 to 15 months to fully repair. Primarily, the soft tissues will need to readapt to the new bone surface.

The remaining residual swelling will continue to subside gradually thereafter, until the final results are more definitive. In the case of a rhinoplasty, it may take 18–24 months.

# Stiffness after FFS Surgery: The phases of wound healing

Stiffness and tension within the operated areas is completely normal after the surgery. Your body is working on your recovery and wound healing which happens in 3 phases.

## 1st phase, inflammatory

In response to an injury to the body. A vasoconstriction phase occurs and a blood clot forms. Once the bleeding stops, the vessels dilate again to allow the passage of the cells that will take care of the repair. It is in this phase when the typical signs of an immune system reaction are visible: erythema (redness), heat, edema (inflammation) and pain. After a few days, a scab forms over the entry of the wound.

## 2nd phase, proliferative

Internally, the wound begins to heal through granulation tissue (mainly collagen). Fibroblasts are the most important cells during this phase. Furthermore, more blood vessels are formed in the area and they provide oxygen and nutrients and eliminate waste products (hence the reddish color of the scar).

## 3rd phase, maturative

Several weeks after the proliferative phase, the maturation begins. It can take up to two years to complete. The blood vessels, once they become unnecessary, begin to disappear and the wound loses its red color. The collagen type of the previous phase is replaced by another type of stronger collagen, which causes a greater contraction in the tissues (meaning less elasticity of the area). At the end of this phase, the wounds are "sealed" by scar tissue which has much less cellular activity than the normal surrounding tissue, hence the typical stiffness after FFS surgery.



# Back Home

## General Postoperative Instructions

Now that you are back at the comfort of your own house you will little by little resume your daily routines. Remember that a healthy lifestyle and sufficient rest are crucial for your recovery.

A healthy diet that is rich in fruit, vegetables and proteins as well as enough liquid intake (herbal teas, water, juices...) are as important as getting sufficient sleep. We advise you to follow below instructions and recommendations to speed up your recovery.

### Healthy Lifestyle

Drink plenty of liquid, follow a healthy diet and get enough rest. You can sleep in your usual position as of the day of the suture removal.

During the first 3 weeks after your operation, you should not consume alcoholic drinks, narcotics nor smoke or use other nicotine products.

For 6 to 8 weeks, you should avoid lifting heavy objects or making brusque movements that could exert excessive tension on the inflamed area.

From the day of the hospital discharge, you can take short and gentle walks that do not tire you. You can start running gently after 6 weeks and increase the intensity gradually. We recommend waiting 4 months before carrying out contact sports (like boxing), to avoid any risk.

**Sun and high temperatures.** Avoid direct exposure to the sun, saunas, jacuzzis or similar for 6 to 8 weeks after surgery. Sun and extreme heat can increase the swelling and prolong the scarring process. Use sunscreen for at least one year, even on cloudy days.

### Other Considerations

#### Cosmetics

You can already use your usual face wash, creams and lotions as well as make-up. Avoid the scar itself until you feel that it has completely closed.

#### Loss of hair after surgery

This is not common, but it can be a collateral effect of any surgery under general anesthesia, especially forehead surgery and hair transplants.

#### Bruising

These may persist up until 6 months after surgery. In case of dark marks on the skin, you can use a depigmenting cream as well as sunscreen.

#### Very important

**Try to relax, a calm state of mind will help your recovery.** Just concentrate on your wellbeing and remember that you have a team taking care of you.

#### Recommendations

→ Laser, IPL or electrolysis treatment on the operated areas can be done without problems after 6 weeks. In case of a lip lift, we recommend waiting 3 months.

→ Botox treatment. Botox works by temporary weakening of certain muscles as it blocks the synaptic connection between the motor nerve and the muscle. In any case, Botox affects sensitive nerves which are the nerves more likely to be partially affected during FFS procedures. In our experience, Botox treatment does not affect the nerve recovery nor increase the potential nerve damage during feminization surgery.

You could start botox treatment immediately after returning home, however, as its effects may be "camouflaged" by the postoperative inflammation, we recommend waiting until inflammation has mostly disappeared.

#### Follow-up visits:

We recommend scheduling the following follow-up consultations through your postoperative coordinator:

- 1 month after surgery;
- 3–6 months after surgery;
- 1 year after surgery.

Any of these visits can be face to face consultations or they can be arranged as video-consultations.



# Hair Transplant

## Postoperative Instructions

### Growth Rates after Hair Grafting

Applicable to scalps that have not been operated on previously

#### 1st Month

During the first month, the follicular units will fall out and take root. They are in a resting phase.

#### 3 Months

The follicular units begin to grow, around 20–30% growth. Hair growth may not be symmetrical.

#### 6 Months

General growth in quantity and quality of the new hair, 40–60% growth.

#### 9 Months

60–80% growth; there may be more growth in some cases.

#### 12 Months

Usually, the new hair has grown in, although it may improve in terms of quality in the following months.

### Medication

#### Hair vitamins

1 capsule with breakfast for the first 6 months

This medication must be taken after your hair transplant, following the specifications above. The nurse has provided this medication.



# Hair Transplant

## Postoperative Instructions

### Instructions

#### Days 8–9

Final revision.

#### Days 8–14

Continue applying rosehip oil on the transplant site at night before going to sleep. In the morning wet the area and wash with the Betadine Shampoo (even though there were no scabs), beginning to gently massage the scalp with your fingertips in a circular motion, using low to normal water pressure to rinse. If you wish, you can also use a gentle shampoo like the mild shampoo we gave you after using the Betadine Shampoo. Continue to wash your hair 1 or 2 times a day. If you do not have any more scabs, one time per day is enough.

#### Day 15

If you have followed the postoperative instructions correctly, you should not have any scabs. You can use the mild shampoo we gave you or any baby shampoo to wash your hair. Be gentle when touching and avoid any hit on the area. In case of crusts, you can apply a little amount of olive oil to the area one hour before washing your hair to soften the site.

#### 1 Month

We recommend using a mild shampoo as long as possible unless you feel that it does not work for you. In this case you can start using your usual shampoo. Make sure that it is not aggressive or strong. Also, you can now wash your hair normally. If you have a dermatitis outbreak, please let us know and we will give you specific instructions. Correctly following these instructions will guarantee that your hair transplant has been well cared for.

### Other Considerations

#### Finasteride & Dutasteride

Based on your specific case (type of alopecia, medication taken etc.), the specialist may have decided to prescribe finasteride or dutasteride to prevent progression of alopecia, avoiding the need for a second transplant in the short term.

These medications can help to prevent progressions of alopecia to avoid a second transplant in the short term.

#### Minoxidil

Minoxidil applied in non-transplanted areas, works like finasteride/dutasteride (although it is less potent than these), that is, preventing the progression of alopecia. However, applied in the transplant area after 6 weeks, it has been shown to accelerate the growth of the grafts.

### Recommendations

#### → Sun exposure

Cover the receiving area and prevent it from direct sun exposure during the first 6 weeks. In the first 6 months you should avoid burning your scalp.

#### → Swimming in natural waters

We recommend waiting 1 month before diving in the sea or other natural water.

#### → Swimming in a pool

Wait 3 months before diving in a pool, due to the chlorine.

#### → Hair coloring with dye

Avoid the transplant site until 3 months after surgery.

→ **Hair coloring with capillary fibres.** These should not be used until 6–8 weeks after your surgery.



# Forehead Surgery

## Postoperative Instructions

### Instructions

#### Washing your hair.

Wash your hair 2 days after the removal of stitches with **Betadine Shampoo**. On the scar, use the Betadine shampoo until day 14 post op. From the 14th day on, use a PH-neutral or baby shampoo. You can start using your normal shampoo 4–6 weeks after the surgery.

**Important:** Remember to massage the scar thoroughly whilst applying the shampoo. This is necessary in order to help the scabs to fall off.

### 6-Weeks Rule

We've established a protocol with instructions that should be followed for the first 6 weeks after surgery. After this period you can gradually get back to your normal routines.

→ Be very gentle whilst blowing your nose. Blow one nostril at a time. For nasal hygiene, you can use **saline solution**.

→ You should sneeze with your mouth open.

→ On flights, avoid relieving pressure on your ears by blowing into your nose (Valsalva maneuver).

→ Avoid cardiovascular exercise, weight lifting and inverted positions.

→ Avoid dyeing your hair.

→ In case of using a hair dryer, use the cool setting.

→ Avoid eyebrow plucking and threading.



# Forehead Surgery

## Postoperative Instructions

### Other Considerations

The first year after forehead reconstruction surgery you may experience some typical symptoms in the areas where several layers of tissue have been affected and often a self-dissolving fixation device called Endotine has been employed.

→ **Facial Stiffness.** After any surgery it is common to experience facial stiffness. Tightness and a lack of sensitivity in the areas of the intervention are typical. Time is the main factor for healing tissues that have been significantly moved during surgery: weeks, months, even years after you will continue to notice gradual improvements.

Due to the operation, things will be different, but you may expect to recover to "normal" parameters within 1–2 years after facial feminization.

→ **Painful bumps on forehead – Endotines.** It is completely normal to have discomfort after a forehead surgery during the first months after the surgery. It is also normal that this discomfort is uneven, sometimes more on one side than the other.

If pain is localized it can be because of the Endotines, which are small and resorbable devices to keep the skin flap in place after surgery. They will begin to reabsorb after 6 months from the surgery and could last until 15 to 18 months. It is completely normal to feel some swelling and small discomfort above these devices, which can be felt as small lumps on the scalp. You do not have anything to worry about.

In the very rare case that the discomfort persists or has worsened after 15 months, we can activate the dissolution protocol with lidocaine infiltrations.

→ **Alteration of sensation and tingling.** These are signs of scalp reinnervation after a forehead surgery. It is called paresthesia/dysesthesia and can cause hyperalgesia/dysthemia, etc. Surely, you notice it more in an inflamed area such as the area where the Endotines are located.

In short, the readaptation of the tissues requires plenty of time. When we speak of healing, it is not just the incision scar that is healing. All of the internal

layers that have been treated and the surrounding tissue that has been detached and altered during surgery undergoes a cicatricial process of self-repair. Symptoms such as lack of elasticity, contraction, and stiffness after FFS surgery, etc. are actually part of wound healing, which may take 2 years approximately to run its course.

→ **Lack of movement and/or numbness of the eyebrows.** A total or partial lack of feeling (numbness) or the ability to move the eyebrows is normal and will gradually improve with time, usually between 3–6 months. In some cases, this may take up to one year. There is no therapy that decreases this time, although mobilizing the area routinely can help restore mobility.

### Recommendations

→ **Tattooing of the eyebrows.** For eyebrow touch-ups you should wait a minimum of 6 weeks after the forehead surgery. For a new design we advise to wait at least 6 months to give the tissues time to adapt to their new shape.

→ **Itchy scalp.** The itching of the skin and scalp is a consequence of the inflammatory process; after stretching, the tissues must recover their position and one of the consequences is itching and dryness. If this is accompanied by desquamation/dehydration, there are special pharmaceutical products to hydrate.

If you feel that your scalp is very dry, seborrheic dermatitis may have occurred after surgery. You can use **T-Gel Shampoo from Neutrogena** twice a week for a month to improve it.

→ **Shock loss.** Sometimes a temporary hair loss around the scar or even different areas on your head may arise during the postoperative period (from the beginning up to 4 months after surgery). Although this does not commonly happen, it can be a collateral, temporary effect of an operation, usually caused by trauma (meaning physical, chemical or both).

The hair should start recovering after 4–6 months after the surgery without any kind of treatment. **Minoxidil Foam** can be used to help the hair grow faster, but always make sure that the incision is closed and completely healed.





# Blepharoplasty

## Postoperative Instructions

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage.

Keep using the oil for up to **3–12 months**.

**2 weeks after the suture removal.** Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings.

Keep using the scar gel for up to **3–12 months**.

### Other Considerations

In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.

During the immediate postoperative period, you may experience photophobia (sensitivity to intense light), tingling, stinging and fatigue around the eyes. It is also common to feel headaches with daily activities such as reading or watching TV.

### Recommendations

We recommend the use of sunglasses during the first month whenever you are out on the street.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.



# Rhinoplasty

## Postoperative Instructions

### Instructions

Clean your nostrils with **saline solution** whenever you need. Nasal irrigation with saline solution will help to keep your nasal passages clean and moist, while also reducing nasal congestion.

You can use a syringe or squeeze bottle to squirt the solution up your nostrils. If the water runs into the back of your throat, then simply spit it out. It is fine to accidentally swallow the solution as it is harmless.

The scabs can be softened by applying a cotton swab soaked in **hydrogen peroxide** or **warm water**.

the course of antibiotics **Ciprofloxacin** given to you on your final day/day of the suture removal.

### Scar Care

→ Continue to use the **Rinobanedit** cream until you have completed the course of antibiotics. When your antibiotics course completed, **stop** using the **Rinobanedit** and begin using the **Rosa Mosqueta / Rosehip oil**.

→ **1 week after the suture removal**. Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

→ **2 weeks after the suture removal**. Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.



# Rhinoplasty

## Postoperative Instructions

### Other Considerations

#### Self-absorbing stitches

In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.

#### Asymmetry after surgery

The first few months are the most difficult due to the swelling which decreases in an asymmetric way. You may experience swelling or a change of shape in your nostrils as well as the sides and bridge of your nose following your procedure. It is a matter of time and patience, you are just beginning your healing process.

#### Swelling

It is pretty normal to have swelling in the nose for a long time. This is the last procedure to heal and needs several months to reach the results wanted. Patience is the key.

#### Bad smell in my nose

During the first weeks you may experience a bad smell in your nose. This is nothing to worry about. It is possible some self-absorbing suture has started to reabsorb or there is scab/crust that has not fallen. Irrigations with **saline solution** in both nostrils as explained above, even several times a day will reduce this issue.

However, if you notice a purulent discharge or very green/dark mucus, it is necessary to consult with the medical team.

#### Recommendations

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.



# Liplift

## Postoperative Instructions

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

#### 2 weeks after the suture removal.

Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

### Other Considerations

It is not always necessary to remove all the sutures as some may be self-absorbing.

In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.

With time, it may feel like the lip is descending. This is normal, but the lip will maintain its position thanks to the internal stitches, and it will not return to its original position. The scar may have some small openings at first, but these should close within a few days, so there is no reason to be concerned.

### Recommendations

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.



# Jaw and/or Chin Surgery

## Postoperative Instructions

Clean the incisions with the soft toothbrush that you received along with your medication, you can use your regular toothpaste. Some bleeding of the incisions is normal.

After brushing your teeth with your regular toothpaste, for the first 2 to 3 weeks after surgery, use an antiseptic mouthwash 3 times a day (Perio-Aid, chlorhexidine diluted in water, or saline solution: 250ml warm water with a spoonful of salt). Do not use it after this period as chlorhexidine may stain teeth when using

longterm. In case you notice any staining of your teeth, suspend the Perio-Aid and get a mouthwash without chlorhexidine or simply use water with salt.

We insist that you do not smoke during the healing process.

For jaw and chin surgeries; continue wearing the chinstrap when you are at home and during the night for 3 more weeks.



# Jaw and/or Chin Surgery

## Postoperative Instructions

### Other Considerations

#### Discomfort or numbness

Numbness is a completely normal phenomenon after operating the chin. Your mental nerves are "stretched" during the procedure and your gum, with all the small nerve branches, is incised during the approach. Sensitivity symptoms (paresthesia, numbness, even pain) may appear during the first 3–4 months, these symptoms will disappear gradually.

The main trunks exposed during the lower jaw and chin recontouring are the mentalis nerves. It is essential to understand that these nerves are sensitive nerves and not functional nerves, so they are not responsible for any facial movement but for the sensibility and sensation in certain areas of the lower lip and teeth. Their location is accurately detected in the facial scanner performed before every surgery.

We use a special triple approach to avoid damaging the nerves and to keep them surrounded by mucosa during the whole surgery. We also perform our osteotomies with the piezosurgery, with ultrasonic vibration that only cuts bone, respecting the soft tissues.

However, the exposure and stretching of the mentalis nerves during the surgery may produce different degrees of temporary numbness or feeling alterations. This is extremely variable from patient to patient, so it is difficult to predict how your reaction is going to be after the surgery.

#### Lack of movement

The facial nerve, with the marginalis ramus which helps to move the corner of your mouth and lower lip, is situated "far away" from the operated region, although the inflammation can hinder its normal functioning. It is a temporary matter which will improve once the swelling disappears.

#### Mandibular joint discomfort

During the procedures the masticatory muscles (that help to open and close your mouth) are undermined, detached or even cut, so they are now at the beginning of their healing process. It is common to feel a blocking sensation during some weeks because of the swelling in the articulations. If you still suffer this lock within two months, please, let us know and we will evaluate. Try to gently massage the area in order to relax the muscles.

#### Perimandibular loose tissues

They are a possible consequence of a jaw and/or chin contour reduction. The soft tissues should readapt to the new bone contour between 6–12 months after the surgery. It is not possible to always guarantee a complete soft tissue re-adaptation after big reduction procedures. There are several non-invasive treatment options in case the tissues have not completely readapted after 6 – 12 months. Feel free to ask us for advice.



# Tracheal Shave

## Postoperative Instructions

### Scar Care

**1 week after the suture removal.** Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

**2 weeks after the suture removal.** Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

### Other Considerations

#### Sun exposure.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.

#### Self-absorbing Stitches.

In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.

#### Inflammation.

It takes time for the swelling and/or tension in the area to stabilize. The swelling is typical during the first two or three months after surgery, not only in the incision, but also in the tunnel to access the Adam's Apple. The results take time to show.

#### Red scar.

The scar of the trachea will be turning red at one point of the recovery. This is completely normal, since it is an immature scar. It will lose color from months 12–15 approximately. It is very important to protect the incision from the sun to avoid long-term pigmentation problems.



# Neck Liposuction

## Postoperative Instructions

It is very important to use a chinstrap for 3–4 weeks to support the soft tissues and control swelling.

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

#### 2 weeks after the suture removal.

Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

### Other Considerations

#### Sun exposure.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.

#### Self-absorbing Stitches.

In some cases, sutures are self-dissolving and do not need to be removed. In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.





# Fat Transfer Facial Lipofeminization

## Postoperative Instructions

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** on the donor area 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

#### 2 weeks after the suture removal.

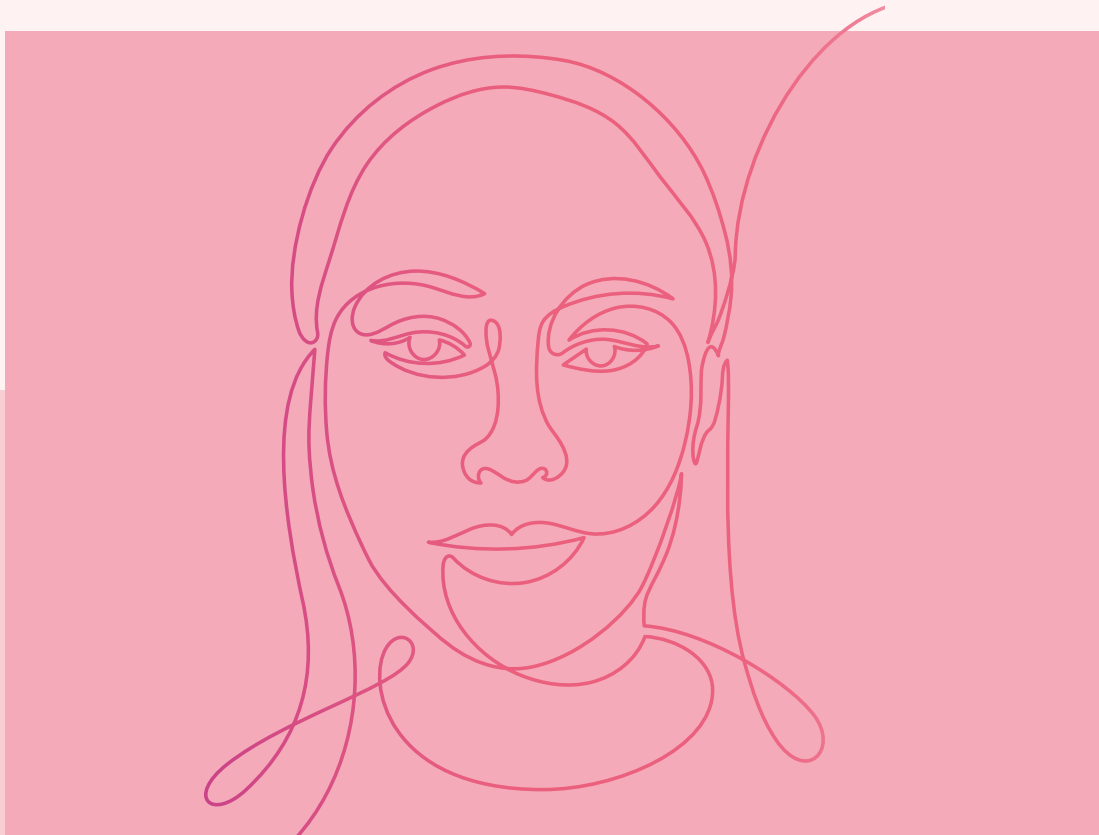
Start using **Dermatix** or **similar Scar Gel** on the donor area 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

### Other Considerations

During the first few months you will experience a change in the volume of the treated area. It is mainly due to inflammation, although there is a part of the infiltrated fat that can be reabsorbed. You must wait 9 months until you can evaluate if it is necessary to add more volume in the area.

In some cases, sutures are self-dissolving and do not need to be removed. In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.



# Platysmaplasty

## Postoperative Instructions

It is very important to use a chinstrap for 3–4 weeks to support the soft tissues and control swelling.

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

#### 2 weeks after the suture removal.

Start using **Dermatix** or **similar Scar Gel** 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

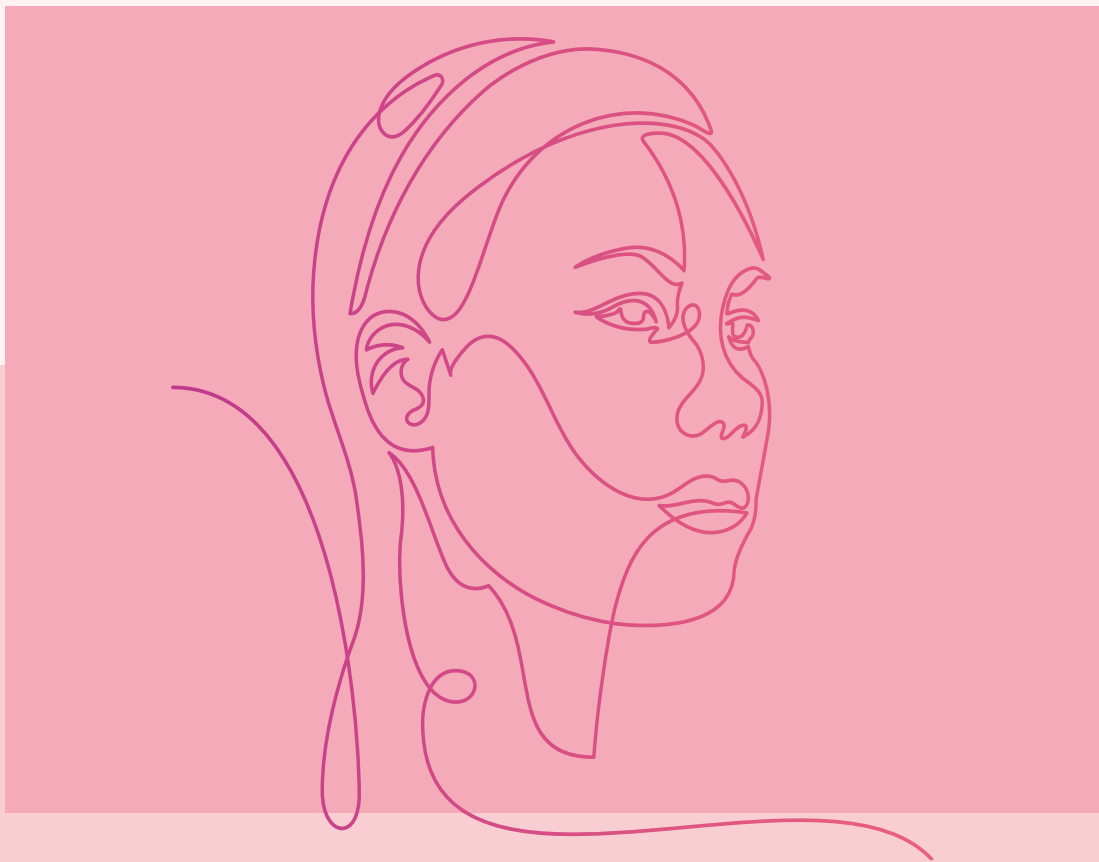
### Other Considerations

#### Sun exposure.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.

#### Self-absorbing Stitches.

In some cases, sutures are self-dissolving and do not need to be removed. In case of having self-absorbing stitches, they will dissolve between 4–10 weeks after your surgery.



# Otoplasty

## Postoperative Instructions

### Scar Care

#### 1 week after the suture removal.

Start using **Rosa Mosqueta / Rosehip oil** on the donor area 1 week after the suture removal, apply the oil in the mornings and evenings with a gentle massage. Keep using the oil for up to **3–12 months**.

#### 2 weeks after the suture removal.

Start using **Dermatix** or **similar Scar Gel** on the donor area 2 weeks after the suture removal, alternate the use of rosehip oil and scar gel. Apply the scar gel in the mornings and rosehip oil in the evenings. Keep using the scar gel for up to **3–12 months**.

#### In case of self-dissolving stitches:

Start with the Rosa Mosqueta / Rosehip oil 1 week after the sutures have dissolved and with the Dermatix or similar Scar Gel 2 weeks after they have dissolved.

#### Chin strap:

Continue wearing it for two weeks more weeks, only at night.

### Other Considerations

During the first few months you will experience a change in the volume of the treated area. It is mainly due to inflammation, although there is a part of the infiltrated fat that can be reabsorbed. You must wait 9 months until you can evaluate if it is necessary to add more volume in the area.

Avoid sun exposure and apply a high factor sunscreen on the incision area during the first year after surgery.

