
What to expect after Facial Feminization Procedures:

- You will probably spend 1- 2 days in the hospital after surgery. We will attempt to get you a private room.
- You can expect to be uncomfortable for 7-10 days. You will be given a prescription for pain medication, most likely oxycodone with acetaminophen. You can take 1-2 pills every 4-6 hours. Do not drive while taking prescription pain medication. After 48 hours, you can also take Advil or Ibuprofen.
- Take all medicine with food. Pain medication can cause constipation. You can take Miralax or Dulcolax (over the counter) if needed.
- You can shower normally when you go home and let soap and water run over any incision sites.
- Apply a small amount of bacitracin or Neosporin twice daily to any incision site on your head or scalp if there are no surgical tapes covering the incisions.
- Sleep with your head elevated on at least 2-3 pillow for the first 3 nights. Do not lay flat for naps during the day. Do not lay on your stomach with your face down.
- If you have stitches in your mouth, rinse with Peridex (prescription mouthwash) twice daily or dilute Listerine (Mix ½ Listerine with ½ water) for 7 days.
- If you have stitches in your mouth, eat a mainly liquid or very, very soft diet for at least 1 week.
- If you have had any type of chin or jaw surgery, do not eat any hard foods, or anything that requires a lot of chewing for 2 weeks.
- Gently brush teeth twice daily and rinse mouth with water every time after eating or drinking.
- No bending or heavy lifting. Keep your head upright and above your heart. No strenuous exercise.
- You can expect bruising around your eyes, mouth and jaw. Apply ice for 20 minutes every 1-2 hours for the first two days after surgery.
- Leave the jaw bra (chin/face support garment) in place except briefly to shower for 2 weeks.

Please call the office or Nurse Practitioner (347-502-1439) if...

- You have a fever greater than 100.5 degrees F
- You have continuous bleeding that won't stop with ice or pressure
- You notice a funny odor, or yellow, pus- like discharge
- There is redness, warmth or opening on any incision sites
- If are unable to tolerate any fluids and have persistent vomiting

IN CASE OF AN EMERGENCY OVERNIGHT, THERE IS ALWAYS A DOCTOR ON CALL THAT CAN BE REACHED BY CALLING THE MAIN OFFICE NUMBER (516-497-7900)