

## Post-Operative Instructions for Facelift

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (775) 284-2020.

**In recovery:** you will be wrapped up with gauze. You will be swollen and will have 1 drain in place. Usually in recovery for 30- 60 minutes.

**First night home:** Take it easy! Restrict your general activity to bed rest for the first night, getting up only to use the restroom with help. Drink plenty of fluids to help rid your body of the anesthetics.

**Medications:** Be sure to take your medications as prescribed. Please note first 3-5 days are the toughest. Swelling and discomfort gradually increase over the first 3 days and then will gradually subside. Don't be alarmed if things feel worse before they get better (for example, day 2 you might feel better than day 4 – that's normal).

Pain Medication Percocet or Norco): Only to be used as needed for 3-5 days. Always eat something before taking Narcotic regardless of time to help prevent nausea. **Narcotics may cause constipation;** you should take over the counter stool softeners. Colace is a good option but if you are prone to constipation, Miralax or Milk of Magnesia might be a better choice for you. Please prophylactically start taking a stool softener as directed the night of your surgery and continue to use while on the Narcotics. After 5 days, you may switch to Tylenol only and after 2 weeks you may use ibuprofen.

Anti-nausea medication (Zofran or Phenergan): If you get nauseated with pain medication; take your anti-nausea medication 20 minutes before pain pill.

Antibiotics (Keflex or Clindamycin): You will be instructed on when to start your antibiotics on the day of surgery.

**Diet:** Clear liquids or a soft bland diet for the first night few days (i.e. soup, apple juice, crackers, and jello). If you are able to tolerate this well, you can resume a normal diet. Use caution when eating as to not cause an excessive over-stretch. Eat foods that require minimal chewing (i.e. No hard ships or steak).

**Hygiene:** No shower for 48 hours or until 24 hours after drain is removed. May wash from the chest down making sure to keep dressings clean and dry for 48 hours.

**Position:** When **sleeping and resting** stay on your back and keep your head elevated about 45 degrees and place a pillow under your knees for the first week. You must change your position or get up and move around every 2 hours to reduce the dangers of blood clots.

**Activity:** Day after your surgery walk around inside every 2 hours while awake (2-5 mins).

First week is mostly resting, getting good nutrition and staying hydrated. Avoid bending over to pick things up from the floor for one week, bend at the knees.

Second week you can start to do minimal activities with periods of rest. You will be able to return to **non-strenuous** work approximately 2 - 4 weeks after surgery.

First 3 weeks after surgery, NO aerobic exercise/activities that raise your heart rate or blood pressure. NO heavy lifting, pushing or pulling of 10 lbs. or more for 6 weeks. Approximately 6-8 weeks post op strenuous activity will be allowed.

**NO HOT or WARM compresses. NO COLD or ICE compresses to the area.**

\* When combined with blepharoplasty surgery cold compress ok to eyes only.

**You can expect:** You will be seen for your **first post op visit** the day after your surgery for drain removal. Drain removal is volume dependent and may be required to stay in for 1-3 days if needed.

-You will be given a neck support at 1<sup>st</sup> post op to be worn 24/7 for the first week and as much as possible while at home and sleeping the next 2-4 weeks.

-Do NOT use a hot dryer on your hair for 1 week.

-Sutures to be removed in 2 phases. First week is chin and along incision in front of ears. Second week is behind ears.

-Moderate discomfort, which should be relieved with the pain medications.

-Moderate swelling.

-Black and blue discoloration.

-Possible bloodshot eyes.

-Avoid smoky areas for a minimum of 1 week after your procedure. This will decrease the possibility of coughing that may trigger bleeding.

-No alcohol for 1 week after surgery or while on pain medications.

-No driving for at least a week and must not have taken Narcotic for 24 hours.

-No intercourse for a minimum of 3 weeks. If this procedure is done in conjunction with another procedure there may be additional recommendations.

-No smoking for a minimum of 3 weeks following surgery.

-If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

**Call the office if you experience:**

-Severe pain not responding to pain medications.

-Excess swelling or swelling that is greater on one side than the other.

-A bright red spot on the bandage which continues to enlarge or bright red blood in drains that seems to be clotting.

-Incisions that appear to be opening or becoming very red, hot to the touch or containing pus

-Any type of allergic reaction symptom such as rash, itching, etc.

-A fever over 100.4

-Call if you have any questions at **(775) 284-2020.**