

PRE FACELIFT INSTRUCTIONS

To help minimize bleeding, bruising, and swelling, please follow the pre surgery instruction sheet you are given (List of Herbal Supplements & Foods to Avoid)

Please plan to have a responsible adult drive you to the office and stay with you the first 24 hours after your surgery. You will also need a driver to bring you back the next day to the office.

Purchase some frozen peas and small plastic bags to use as ice-packs. Nothing heavier is allowed.

POST FACELIFT INSTRUCTIONS

You will be seen in our office at **one** day postoperatively to remove your bandages. You must have someone drive you to this visit.

You may shower after the bandages are removed in our office if the doctor gives you permission. Be careful not to turn your head or extend your neck in the shower. Do not soak in a bath, hot-tub or jacuzzi.

For **48 hours** after the procedure:

- Apply frozen peas in a small plastic bag 5-10 minutes each hour while awake.
- Do not apply frozen peas for longer periods of time, other than per our instructions.
- Avoid placing heavy objects (like an **ice bag**) onto the face. Protect the sutures.

For **one week** after the procedure:

- Take your **antibiotic, Bromelain**, and/or your **prescribed blood pressure** medications
- Take Tylenol/ Acetaminophen or Vicodin (prescription pain reliever) as directed
- **Avoid** the following to minimize bruising:
Aspirin
Ibuprofen / Motrin / Advil
Naproxen / Naprosyn /Aleve
Vitamin E, Garlic, Gingko, and Ginseng
Herbal Teas

For **two weeks** after the procedure:

- Sleep semi-upright, using at least 2-3 pillows
- Do not bend over at the waist
- No heavy lifting
- Minimize chewing
- Minimize head turning or head extensions.
- Avoid sneezing
- No sexual activity
- No exercise

Wound care for **one week** after procedure.

- Wash the incisions with **antibacterial soap** and water twice a day then apply petroleum jelly or Aquaphor ointment to the incisions

Call **IMMEDIATELY** if any of the following occur:

- Rapid swelling of the side of the face.
- New onset of **SUDDEN** pain.
- Active bleeding

Prescriptions you may be directed to take:

- Keflex: _____
- Clonidine: _____
- Vicodin: _____
- _____
- _____

Other Instructions: