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### **POSTOPERATIVE INSTRUCTIONS FACELIFT SURGERY**

#### **WHAT TO EXPECT**

Swelling and bruising are highly variable. Some people have very minimal bruising that is gone within a few days. On average, most swelling and bruising is acceptable at one week. Some people have some residual swelling in the cheek area for two to three weeks.

Most people take one week to two weeks off of work. Strategic hair styling and neckwear can hide most bruising and healing within seven to ten days.

#### **CARE OF INCISION**

You can gently clean off any residual blood or ointment with soap and water the day after surgery.

Place a thin layer of Aquaphor ointment (available over the counter) on the incision a few times a day.

#### **MEDICATIONS**

NORCO 5/325 one to two tablets every four to six hours as needed for pain. Do not exceed 4 grams of acetaminophen in a twenty-four hour period.

**DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH BECAUSE IT WILL CAUSE NAUSEA AND VOMITING. TRY CRACKERS, BREAD OR YOGURT IF POSSIBLE.**

If you are allergic to codeine, DARVOCET or DARVON can be prescribed.

Avoid Motrin, ibuprofen, Aleve, aspirin or other anti-inflammatory medication for THREE DAYS after surgery.

Constipation can be a problem if taking pain medication. Start stool softeners as needed. COLACE will be prescribed.

If the pain medication is not adequate, call the office at (312) 926-5800 and we can increase the dosage.

### **ACTIVITY**

You should rest the day of your surgery. You can ambulate as needed to do basic activities but **refrain from long periods of walking or exercise.** You must keep your head elevated at all times. If you are lying in bed, use two pillows to elevate the head. Make up can be worn on the eyes, cheeks and necks where there are no incisions.

ONE WEEK: You can increase your level of activity but no exercising. You may also begin wearing make up on the incisions.

TWO WEEKS: You can start exercising slowly.

THREE TO FOUR WEEKS: No restrictions on exercise.

You can drive when you are off any pain medications.

### **THINGS TO CALL FOR:**

If your level of pain is not adequately controlled, call the office. If the call is after hours, call the hospital operator and asked the operator to page me.

If you develop fever or any unusual symptoms, call the office.

