



POST OPERATIVE INSTRUCTIONS FACELIFT

1. Begin taking Arnica Montana from your VitaMedica recovery pack the night of surgery. Continue taking other pre-operative VitaMedica supplements as directed. Full instructions will be listed on the package.
2. Immediately after surgery you should rest for the first 48 hours.
3. Stay in the company of a responsible adult the first night.
4. Commence a light diet as tolerated as anesthesia medications can make you feel nauseous. Eat soft foods; chewing of tough or hard foods may cause increased swelling and discomfort.
5. You should sleep on your back, elevated with at least one or two pillows in order to minimize swelling.
6. Avoid any strenuous activity, heavy lifting, housework or any activity that will increase your blood pressure for 3 to 4 weeks.
7. Soreness and headaches are normal for 1 to 2 weeks.
8. You may experience numbness which may persist for weeks to months due to stretching of nerves.

DRESSINGS

1. You will wake up with a helmet dressing in place. This dressing will be removed in our office at your post-op appointment.
2. After removing the dressing you may leave the area open to air.
3. You may shower after 48 hours. When showering, use a mild shampoo such as baby shampoo; avoid shampoos with medication or perfumes for the first 10 days. When washing your hair tilt your head back.
4. After facial surgery it is not uncommon for the eyelids to become swollen. Apply ice or gel packs to the eyes and face for 48 hours, in 20-minute intervals while awake. Ice can be heavy on the eyes so it may be more comfortable to apply gauze soaked in ice water or frozen vegetables to the brow area.

5. Do not use hair dryers or rollers for three weeks. No hair dyes or chemical until your doctor gives you permission (usually 4 to 6 weeks).
6. You may experience temporary hair loss along your suture lines.

MEDICATION

1. The antibiotic should be taken until it is completed as prescribed.
2. The pain medicine is a narcotic and should be taken as prescribed.
3. Do not drink alcohol or drive while you are taking the pain medication.
4. The pain medicine can cause nausea and should be taken with food at each dose.
5. You may resume your regular medication after your surgery except for NSAIDs (wait at least 5 days post-op)
6. If you take aspirin or Coumadin, check with our doctor as to when you can resume.

CALL THE OFFICE AT (512)600-2888, IF YOU HAVE:

1. A temperature greater than 101 degrees.
2. Excessive bleeding saturating the dressings.
3. A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
4. If you have persistent vomiting, have a pharmacy number so a script can be called in.
5. Any questions regarding your care.

IF YOU HAVE A LIFE THREATENING EMERGENCY CALL 911 AND GO TO THE NEAREST HOSPITAL.