

MINI-LIFT / “G LIFT” POST-OP INSTRUCTIONS

- Cool compresses to face for approximately 24 hours (20min on, 20 min off).
- Sleep on three to four pillows or in a recliner for first three nights to decrease swelling.
- Your surgical dressing will be removed on the 2nd day after surgery in the office.
- **Once dressing is removed**, you will begin cleaning incisions around ears and hairline 3 times a day with Liquid Dial Soap, distilled water & Q-tips.
- Wash your hair with shampoo in the shower after dressing is removed.
- Apply Vaseline to all suture lines after each cleaning.
- Remove facial garment three times per day for cleaning then re-apply.
- Garment may be hand washed only and air dried (**No dryer use!**)
- No heavy lifting, exercise, or driving for approximately 1 week.

EXPECTATIONS

- You will experience facial swelling, bruising and numbness. The neck will feel “tight.”
- One side of the face or neck may feel “tighter” than the other...this is not uncommon.
- Facial garment will fit snug [and is worn 24/7 during first week (except for cleaning)].
- Avoid sun or windburn for six months after the procedure

MEDICATIONS

- Keflex 750mg (Cephalexin) 1 tablet twice a day for 1 week....antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hrs as needed....pain.
- Ativan 1mg(Lorazepam)1 tablet every 8 hours as neededanxiety and sleep
- Celebrex 200mg take once a day as directed.....inflammation
- SinEcch take as directed (begin day before surgery)....inflammation and bruising

FOLLOW-UP VISITS

- You will be seen in the office 2 days to check your progress and begin your post op care. Please call Dr. Gross at (407) 333-3040, if you have questions or concerns. If you have a true emergency call 911.

I have received a copy of the above instructions and agree to follow them

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