

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

- Cool compresses to face 20min on, 20 min off (WHILE AWAKE), for 1 week.
- Change test tubes every 6 hours, or when half full. Bring all tubes back to office.
- Sleep on three to four pillows or in a recliner for first week to decrease swelling.
- Your surgical dressing will be removed on the 2nd day after surgery in the office.
- **Once surgical dressing is removed**, you will begin cleaning incisions around ears and hairline 3 times a day with Liquid Dial Soap, sterile saline & Q-tips.
- Wash your hair with shampoo in the shower **after** dressing is removed on day 2.
- Apply Vaseline to all ear and chin suture lines (not in hair) after each cleaning for 2 weeks.
- **DO NOT use Neosporin or Peroxide or heat.**
- Remove facial garment three times per day for cleaning then re-apply. Wear 24/7 during first week (except for cleaning).Wear at night only in second week
- Garment may be hand washed only and air dried (No dryer use!)
- No heavy lifting or exercise for 2 weeks.

EXPECTATIONS

- Facial swelling, bruising and numbness around ears. The neck will feel “tight.”
- One side of the face or neck may swell more than the other...this is not uncommon.
- 3 Ultrasound therapy sessions (reduce swelling) are provided, starting at second week.
- Avoid sun or windburn for six months after the procedure

MEDICATIONS

- Keflex 500mg (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
- Arnica 30X take as directed (begin day before surgery)....inflammation and bruising
- Phenergan (promethazine) 1 tablet every 6 hours as needed nausea

FOLLOW-UP VISITS

- Return to the office at 2 days and at 1 week to check your progress. Please call Dr. Gross at (321) 356-4396, 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

X _____ Date _____