

Facelift, Minilift of Face & Neck Lift POST-OP INSTRUCTIONS

- Cool compresses to face 20 min on, 20 min off (while awake), for 1 week.
- Empty drains every 6 hours or when half full, into cup and flush.
- Sleep elevated on 3-4 pillows or recliner chair for first week to decrease swelling.
- Your surgical dressing will be removed in 2-4 days after surgery, at our office.
- **Once surgical dressing is removed**, you will begin cleaning incisions around ears, hairline & chin 3 times a day with Sterile Saline & Q-tips. Apply Gentamicin ointment after cleaning to ears and chin.
- Gently wash your hair with shampoo in the shower **after** dressing is removed, 2-4 days.
- **DO NOT use Neosporin, Dial Soap, Hydrogen Peroxide, or heat.**
- Remove facial garment three times per day for cleaning then re-apply. Wear 24/7 during first week (except for cleaning, showering or eating). Wear at night only, for second week. Garment may be hand washed **ONLY** and air dried (No dryer use!).
- No heavy lifting or extreme exercise or sexual activity for 4 weeks.

EXPECTATIONS

- Social distance 1 week before and 1 week after surgery.
- Facial swelling, bruising and numbness is common. The ears and 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
- One side of the face or neck may feel “tighter” than the other...this is not uncommon.
- The throat will feel pressure and tightness first 2 days (this will improve after dressing removal).
- Drain outputs are not even or equal.
- Hearing will be muffled from swelling and head wrap.

MEDICATIONS

- Doxycycline 100mg tablet twice a day for 3 days/antibiotic
- Lortab 7.5mg (Hydrocodone) 1 tablet every 6 hrs as needed/pain.
- Ativan 1mg(Lorazepam)1 tablet every 8 hours as needed/anxiety 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
- Gentamicin ointment – apply to ears/chin after bandage removal
- Scopolamine patch – apply day of surgery/remove in 1-2 days after surgery

Follow up Appointment: _____

Primera call or Text 407.333.3040, if you have questions or concerns. If you have an emergency, call 911.

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

X _____ Date: _____ Time: _____