

## Post-Operative Care Instructions Facelift/Necklift

### ACTIVITY & DIET

Observe the patient carefully during the ride home so that if vomiting occurs, assistance can be given. Do not give drinks in the car as patients may experience motion sickness after surgery.

We strongly suggest that the patient is taken straight home from the hospital. If you are unable to stay home with the patient, you should go over the instructions you have been given with the responsible adult who will care for the patient. The patient may be a little sleepy and unsteady on their feet for many reasons: anesthesia used during surgery, medications used to treat nausea, vomiting or pain, and interruption of normal sleep habits.

Patients who have undergone general anesthesia or sedation should not drive any motor vehicle, operate machinery with blades or fans, or drink alcoholic beverages for 24 hours or while taking prescription medication for pain. No medication should be taken unless ordered or approved by the surgeon.

- You may resume your normal diet and activity as pain allows. Take short walks several times a day
- Try to “take it easy”. Don’t start any major projects in the next few weeks
- Avoid bending at the waist, straining, or heavy lifting (nothing greater than 20 pounds)
- Sleep with your head elevated on extra pillows or in a recliner

### DRESSING & WOUND CARE

- You may shower **2 days** after surgery. Let soap and water run over the incisions. You may gently wash your incisions and pat dry gently
- Wear your surgical garment at all times except when bathing for the first week after surgery. The second week wear the garment as much as possible, but you may remove it for short periods if leaving the house (1-2 hours). Weeks 3 & 4 after surgery continue to wear the garment at night
- Apply antibiotic ointment to sutures twice daily for the first week
- If you have drain tubes, empty and record the output for each drain separately 1-2x per day or more often as needed. You may need to gently “strip” the drains to help fluid move through. Your surgeon will remove your drains at the first post-operative appointment
- A small amount of drainage from incisions is common. If you have bleeding from your surgical site, hold firm pressure for 10 minutes; this should stop any bleeding
- Avoid soaking in bath tubs until cleared by your surgeon. No chlorinated swimming pools for 4 weeks after surgery. No swimming in open water or submerging in hot tubs for 6 weeks after surgery

### MEDICATIONS

- You may use Tylenol (acetaminophen) for pain. Avoid Advil (Ibuprofen/Motrin) until 72 hours after surgery. Take these medications as directed on the label
- You may be prescribed additional pain medication if needed. Do not drive vehicles or operate heavy machinery while using narcotic pain medications
- Resume taking your preoperative medications unless otherwise instructed by your surgeon

**WHAT TO WATCH FOR:**

Report the following signs or symptoms to your doctor:

- EXCESSIVE BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT INCISION SITE
- PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE • SEVERE OR WORSENING PAIN
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING • PROBLEMS WITH DRAINS

You may call the office at any time at **928-774-2300**. A surgeon from our practice is on-call and available 24/7

**RETURN APPOINTMENT:** You should be scheduled to see your surgeon 1-2 weeks after your surgery. If you do not already have an appointment scheduled call the office to schedule