



## **POST-OP INSTRUCTIONS**

### **BLEPHAROPLASTY FACE LIFT FOREHEAD LIFT MID FOREHEAD LIFT BROW LIFT**

These instructions should be carefully read and followed. They are designed to answer the most commonly asked question regarding postoperative care.

#### **ACTIVITY THE FIRST WEEK**

On the day of your discharge, restrict yourself to bed rest with bathroom privileges. Then limit your activity sharply over the first week following surgery. You are encouraged to walk about the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind.

If you exert yourself, bleeding may result. We ask that you not drive for one week following surgery. When you rest or sleep, keep your head elevated on two or three pillows and avoid turning on your side. Keep your emotions under control. Anger, crying, or any other emotional outburst will only add to swelling or increase the likelihood of bleeding. It is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better. Drink plenty of fluids and avoid salty foods and those that require much chewing, such as steak.

#### **SMOKING, ALCOHOL, MEDICATIONS TO AVOID THE FIRST TWO WEEKS**

Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should also be eliminated as this may act as an anti-coagulant and result in bleeding. Aspirin, Advil (ibuprofen), and similar medications may also create bleeding. Check with us before taking any medication. If you feel nauseated or vomit, avoid food and drink. Take only two/three ounces of clear liquids at hourly intervals. Discontinue pain medication until nausea passes. If these symptoms persist, call for anti-nausea medication as subsequent vomiting may be harmful and lead to complications.

With assistance you may bathe in a tub your first evening home. You may carefully wash your face with a mild soap (Purpose, Neutrogena) and a clean wash cloth or cotton balls. Showering is allowed on the

second post-op day, after removal of your chin strap dressing. Washing your hair with baby shampoo is encouraged on the first night prior to your post-op visit. Avoid irritating any of the suture lines.

You may slowly resume your activities after the first week. Let your body tell you how much to do. Moderately strenuous exercise may be resumed in four/five weeks. Build up to this level slowly. You may begin by walking or other similar light exercise. In any event, do not strain, grimace, or do anything of sufficient exertion to cause your pulse rate to sharply increase. Avoid excess sunlight. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions. Do not compare your progress with that of other patients. Remember, everyone heals in his own unique way. Also, if you have any questions or concerns, call on us. Your family and friends may mean well, but we can probably give you better information.

Avoid medications that contain aspirin or ibuprofen for 2-3 weeks. You will be given medication for your pain and sleep. Use them as needed, but avoid over-use. You should not have anything more than mild pain and some discomfort. Anything beyond this should be reported to us.

### **—————PAIN, SWELLING, BRUISING, INFECTION—————**

It is unusual to have significant pain after aging face procedures. If the prescribed medication does not control pain, please report this to us. There is discomfort, of course, but remember that this will quickly pass. Some swelling and bruising is to be expected. This is maximal at 48 hours post surgery and gradually subsides over the following ten days.

Infection is also unusual. Fever, localized swelling, redness, and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.

### **—————MEDICATIONS—————**

Avoid medications that contain aspirin or ibuprofen for two to three weeks. Both pain and sleep medications are prescribed. Take them as needed; but, after the first 24 hours, Extra Strength Tylenol may be sufficient. Remember the pain and sleep medication may impair your reactions so avoid driving or other hazardous activities while on them. If the prescribed medications do not control your symptoms, please call us. Nausea may occasionally be related to the above medications. Small amounts of clear fluids at regular intervals may help. If this is not effective, please call us.