



POST-OPERATIVE INSTRUCTIONS: FACELIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome. The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations.

DAY OF SURGERY

ONE HOUR BEFORE SURGERY, take the following with a small sip of water:

- 2 Celebrex 200mg (400mg total)
- 2 extra strength Tylenol 500mg (1000mg total)
- 1 Neurontin 300mg
- 1 Zofran 8mg

You will only be released to the care of a responsible adult. All of these instructions must be clear to the adult who will monitor your health and support you in the first 24-48 hours following surgery.

REST: Rest is important in the early stages of healing, equally important is that you are ambulatory: **walk every 3-4 hours to insure circulation the first 24 hours after surgery.** Have your caregiver help you, and use caution.

POSITION AFTER SURGERY/SLEEPING: Position after surgery you should be propped up with a few pillows under your head and one under your knees for support, for at least **1 week** after surgery. Most people find a recliner most comfortable. After 1 week, you may sleep flat on your back, you may not sleep on your stomach or sides for four weeks.

FLUIDS: Fluids are critical following surgery. Drinking fluids is very important to help rid the body of the drugs used in surgery. Clear juices and water are best. Alcohol and excessive caffeine should be avoided.

DIET: Your diet should be light to start; such as warm soups, pudding, applesauce and yogurt. Please refrain from drinking alcohol for the next 24 hours as it dilates blood vessels and can cause unwanted bleeding.

MEDICATIONS: Take all medications as prescribed, as reviewed during your pre-operative appointment. If you have any questions about them please call the office. If you do not need your narcotic pain medication you may instead take Tylenol for any pain. **No Aspirin or ibuprofen.**

AQUAPHOR: Apply a small amount of ointment 2 times a day to your incisions for 1-2 weeks, or until instructed to stop by your doctor.

DRESSINGS: Keep dressings on, clean and dry. Your incisions will seep fluid and some blood for a short time after surgery. Do not remove any steri-strips.

SHOWER: You may shower after your first post-op visit. Before showering make sure your caregiver is close by to help if needed. You may lightly wash your face 2 days after surgery. No hot tub or soaking for 2 weeks.

EXERCISE: Do not engage in exercise. Do not lift anything over 10 pounds for the next 4 weeks. Absolutely no strenuous exercises or activity for the next 4 weeks. Avoid bending over as well. This also ***includes but not limited to: vacuuming, grocery shopping without assistance, heavy loads of laundry, and sexual activity.*** Avoid excessive facial movements, such as smiling, chewing, talking, sucking on straws, or yawning for the first week. Do not bump, stretch, or rub your face for 3-4 weeks.



DRIVING: You may drive 5-7 days after surgery. You must be able to operate the car safely and be able to turn your head without putting a strain on your incisions. Do not drive while taking narcotics.

MAKE-UP: Do not wear eye makeup or use any lotions/creams for at least 1 week after surgery. Do not color your hair for 4 weeks after surgery. Avoid using a curling iron and blow dryer on high heat.

OFFICE VISITS: You will be seen in the office post-op day 1, 5 and 8. Then, expect to be seen 6 weeks post-op. Follow-up visits are your responsibility until cleared by Dr. Liebertz.

OTHER: _____

Typical Post Operative Symptoms:

- Tightness, stiffness, bruising, and swelling in treated area
- Tingling, burning, or intermittent shooting pain
- Hypersensitivity or lack of sensitivity (should gradually resolve over time)
- Sleep disruption: your normal sleep pattern should return gradually
- Asymmetry: your body is not symmetrical; expect to heal and look different on each side of our body

Call the office immediately if you experience any of the following:

- A high fever (anything over 101° F)
- Severe nausea and vomiting
- Bright red skin that is streaking up or down your bandages and is hot to touch
- Severe pain that cannot be controlled by your pain medication, when taking as prescribed
- Swelling that is much greater on one side than the other
- Excessive bleeding or excessive fluid seeping through the incision

I have read and understand all of the above instructions. I understand that following these instructions is solely my responsibility. I understand that it is also my responsibility to ask Dr. Liebertz and his staff any questions I have related to these instructions or about my procedure, health and healing.

Patient Signature: _____ Date: _____

Printed Name: _____ Witness: _____