

Facelift

Postoperative Instructions

DIET

You may eat a normal diet. However, start with clear liquids and bland foods such as toast or crackers and then advance to a more normal diet as tolerated.

ACTIVITY

Sleep on several pillows so your head is above the level of your heart. This will help minimize swelling.

No heavy lifting (more than 10 pounds) for 4 weeks.

No strenuous activity for 4 weeks. You may begin light exercise after two weeks.

WOUND CARE

Leave all dressings in place. They will be removed on your first postoperative visit.

You may shower and wash your hair after the first postoperative visit. The incisions can get wet; just towel pat the area dry. If you use a hair dryer, place it on the cool setting so as to avoid burning any areas that may be numb.

If a facial support garment is provided, wear as instructed.

Do not use make-up until ok'd by your doctor. Usually, make-up is permitted after one week.

No sun exposure for 2 weeks. Use sunscreen liberally on your incisions after the first 2 weeks, as long as the incisions are healed. Avoid direct sun exposure for at least 6 months after surgery.

MEDICATIONS

Have all prescriptions filled prior to surgery. Bring all medications with you to surgery.

Take the pain medicine as prescribed. For the first 24 to 48 hours you will be more comfortable if the medicine is taken on a regular schedule rather than waiting long periods between doses.

Take the nausea medication as prescribed.

Do not take any aspirin or aspirin containing products for two weeks prior or after surgery.

WHAT TO REPORT TO YOUR DOCTOR

- Unusual or severe pain unrelieved by your medication.
- Excessive bleeding or continued bleeding not decreasing over time
- Excessive swelling and or redness of the surgery site
- Persistent vomiting, excessive facial or neck swelling and pain
- Discomfort from a full bladder or have not urinated in 8 hours
- Temperature over 101° F

FOLLOW-UP APPOINTMENT

Your follow-up appointment with Dr. Leyngold is scheduled for _____.

For any problems, concerns or questions, please CALL THE OFFICE at (208)900-4673. Follow the instructions for the doctor on call. If you feel your symptoms are an emergency, go to the Emergency Room closest to you or call 911.

A GUIDE TO YOUR PRESCRIPTION MEDICATIONS

ZOFRAN: This medication is for the prevention of nausea after surgery.

CELEBREX (Celecoxib) 200mg: One tab by mouth two times daily.

NEURONTIN (Gabapentin) 300mg: One tab by mouth three times daily.

OXYCODONE 5mg. Take 1tab by mouth every 8 hours as needed for pain

TYLENOL (Acetaminophen) 1000mg: 1000mg by mouth every eight hours.

CLONIDINE:

This medication is for blood pressure.

INSTRUCTIONS: Take one tab one hour prior to surgery

Then take one tab every 8 hours after surgery, **TOTAL** of three doses.

SINECCH (Arnica Montana, herbal remedy): OPTIONAL

This medication is for bruising and swelling

INSTRUCTIONS: As directed on box.