



## Post Operative Instructions Facelift

During the first 24 hours after surgery, a quiet calm atmosphere is encouraged. Someone should be with you to assist you in getting up to the bathroom, for meals, etc. Keep the head elevated as much as possible for two weeks after surgery. Sleeping on two pillows or in a recliner is advisable to speed the reduction of the swelling and decrease the amount of bruising. These decrease significantly in two weeks.

Eat soft foods for one week after chin liposuction.

The drain reservoir may be emptied as needed. Instructions will be given to you and demonstrated prior or going home after surgery. The drains are usually removed the day after surgery.

Antibiotics will be prescribed and should be started on the day of the surgery. Take them until they are gone. Start oral antibiotics at approximately \_\_\_\_\_. Do not take the antibiotic at the same time as your pain medication. Take pain medication first, if due, then wait an hour and take the antibiotic. Pain medication may be taken as prescribed and should be taken with food as they can be irritating to the stomach. Avoid aspirin or anti-inflammatory containing products for two weeks after surgery. You may take Tylenol after you stop taking the prescribed pain medication. Pain medication can also cause constipation. Drink plenty of fluids and you may wish to take an over-the-counter stool softener such as, Metamucil, Colace, or Docusate Sodium. Do not drive while taking pain medication.

Walking and mild activity is permitted for the first 10 days. Usually regular exercise can begin at 2-3 weeks. Check with Dr. Magilke before starting to exercise.

After the dressing is removed, wipe over the suture line with a Q-tip dipped in hydrogen peroxide twice a day. Then trace the suture lines with a Q-tip coated sparingly with Bacitracin ointment.

After removal of the bandages, the first shampoo and blow dry will be at our office. Subsequently, you may shampoo your hair with mild shampoo and warm water. When using a blow dryer, use the lowest setting and comb hair with your free hand to help deflect any overheating since parts of the scalp may be sensitive to warm temperatures for several weeks. Sutures and/or staples will be removed within one week to 10 days after surgery, although most of the sutures will dissolve. You will be given a compression dressing to wear at home, once the "turban" dressing is removed. Wearing this as much as possible during the first 3 weeks after surgery will help decrease swelling and improve healing. However, it does not have to be worn in public. Not wearing it constantly will not adversely affect your final result.