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Post-Operative Facelift

Patient Name: _____

After Surgery:

- If you have nausea when you arrive home, please use a suppository at the initial onset of the nausea.
- Sleep with your head elevated at approximately 35 degrees for 1-2 weeks following surgery.
- The dressings that are wrapped around your head will stay on until the following day. They will be removed when you are seen in the office the day after surgery. Make sure that you have a follow-up appointment. If suction drains are used, they will be removed at the time of your appointment.
- At your first post-operative appointment, we will review your instructions with you. You will not begin these until your dressings have been removed.
- You will need to clean the incisions with a Q-tip and Peroxide 4-6 times a day.
- Each time after cleansing with Peroxide, apply Polysporin ointment to each incision.
- You will have post-operative appointments 3-4 and 9-10 days after surgery.
- Continue to take our antibiotics and vitamins until your prescription is completed.
- Pain medications are prescribed for "as needed only." We recommend that you stop taking them as soon as possible.
- Vigorous exercise is not recommended for approximately 4 weeks. However, after your dressings are removed, you are encouraged to get up and walk around.
- Hair color is not recommended for at least 14 days to ensure that your incisions are healed and have closed completely.
- If you have any questions or concerns following your surgery, do not hesitate to call the office.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Signature: _____ **Date:** _____