

## **Facelift/Necklift/Forehead Lift – Post-Op Instructions**

**YOU HAVE RECEIVED SEDATIVE MEDICATION AND/OR GENERAL ANESTHESIA WHICH MAY MAKE YOU DROWSY FOR AS LONG AS 24 HOURS.**

**DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS**

**DO NOT** drink alcoholic beverages while taking pain medications.

**DO NOT** make major decisions, sign contracts, etc. for 24 hours

### **WOUND CARE**

Please keep your dressings dry and intact. You may use ice compresses over the eyes to decrease swelling (if indicated). Facelift patients will leave the surgery center in a head wrap that will not be removed until your office visit the next day.

If blepharoplasty (eyelid surgery) has been performed you will clean your incisions three times a day. To cleanse the incision you will use a Q-tip soaked in water and gently dab it along the incision line, pat dry and apply erythromycin ophthalmic ointment to corners of the eyes and on the sutures. Before bed you will also apply the ointment along the lower lash line so that a thin layer protects the eyeball as you sleep to retain moisture to your eye. Applying the ointment in this fashion will create blurry vision which is normal.

For facelift surgery, after Dr. Burchhardt removes the headwrap during your appointment the day after surgery, you may get all incisions wet in the shower, and soap/shampoo can run over the incisions. Do not keep the incisions submerged under water as in a bath, but showering is ok. You will need to clean all of your incisions three times a day. All of your incisions, will need to be cleansed with a Q-tip soaked in hydrogen peroxide or a small spray bottle filled with Hydrogen Peroxide (be sure to shield your eyes if using a spray bottle). After cleansing with Hydrogen Peroxide you may pat the incision dry with gauze or clean paper towel, then apply Polysporin or Bacitracin antibiotic ointment to all incisions. Once the ointment is applied, then the ace head wrap will need to be reapplied. The ace head wrap will need to be worn 24 hours a day for the first 5 days and then at night for the next 4 weeks.

**If you have drains you will need to monitor drainage amounts in bulbs. Keep bulbs collapsed per instruction (empty when 1/3 full). An instruction/monitoring sheet will be given to if applicable.**

**DIET-** Avoid alcoholic beverages & cigarettes for 2 weeks after surgery to promote adequate healing.

**ACTIVITY-** The day of surgery there is no bending, lifting or steaining. You should only rest. For 2 weeks during recovery there is no heavy lifting, pushing, or pulling anything over 10 pounds. Keep head elevated. Sleep on your back and try to stay as central as possible not to sleep on a side as your swelling may then shift to that side. Pillows under your knees and arms help to reduce pressure for patients who experience back pressure. A recliner (if available) would be the best option for the first night after surgery.

**BATHING-** Do not get the headwrap placed during surgery wet. Once Dr. Burchhardt removes the headwrap dressing, you may get the incisions and sutures wet in the shower, but no submersion in water such as in a bath and no swimming.

### **MEDICATIONS**

**DR. BURCHHARDT**

Daniela Burchhardt, MD

Facial Plastic Surgery

**Keflex (cephalexin)/clindamycin = antibiotic.** Take as directed after your surgery until you have finished the entire course

**Zofran (ondansetron) = anti-nausea medicine.** Take as needed for nausea or vomiting the day of and/or day after your surgery.

**Norco (hydrocodone-acetaminophen)/tramadol = pain medication.** Take as directed as needed for pain. Do not take NSAIDS such as ibuprofen/motrin/aleve, but you may alternate the prescribed pain medicine with Tylenol.

**Medrol-Dosepak = steroid taper.** Start taking this the morning after your surgery. Follow the package directions, although you may also choose to take the entire day's worth of pills at once each morning with breakfast.

**Erythromycin (or similar) ophthalmic = antibiotic ointment** that is safe to get into the eye. If this was prescribed, use this ointment to apply to any sutures and incisions around your eyes

#### **OPTIONAL SUPPLEMENTS**

**Arnica = homeopathic supplement** that helps decrease bruising and swelling. This comes in both tablet version and cream version. Take the tablets as directed on the bottle starting 1-2 days prior to surgery and continue for the week after surgery. The cream is applied to bruised skin after your surgery to help the bruises fade faster. Do not apply the arnica cream directly over your sutures.

**Vitamin C** = helps promote healing and collagen formation

**SPECIAL INSTRUCTIONS-** Call the office if you develop any of the following; Fever ( $>101^{\circ}\text{F}$ ), or pain that is not relieved with your pain medication, excessive swelling, redness at incision sites, heavy bleeding, or excessive drainage in "bulb" (more than 30ml), foul drainage, persistent nausea and vomiting, blurry vision or any visual problems, eye pain, or any other concerns.

**DR. BURCHHARDT**