

Bahman Guyuron, MD, FACS
Plastics and Reconstructive Surgery

440-461-7999

HOME INSTRUCTIONS FOR FACELIFT

- Sleep on your back with your head elevated at approximately a 45 degree angle.
- Change the drainage tubes every hour for the first 4 hours then every 4 hours or sooner if they are filling up to the ½ mark. Even if after the 4 hours there is very little drainage in the tube it must be changed. The tube has a vacuum seal and it breaks down after the 4 hours.
- Swelling and Bruising are to be expected, however, if you notice the swelling rapidly increasing and causing pain contact the office. Swelling usually peaks at 48 hours then will gradually decrease.
- Numbness of the face is expected.
- You may have food as tolerated. Avoid salty foods.
- Apply a small amount of Polysporin/Bacitricin ointment to the incision lines in the scalp area twice daily. Remove the previous application
- You may not wash your hair until the day after the drainage tubes are removed. The drainage tubes usually stay in for 2 days
- Avoid strenuous activity for three weeks post operatively. Slow walking is encouraged immediately after surgery. Rotate your ankles frequently while lying in bed.
- Do not wear clothing that pulls over the head.
- Do not take any aspirin, Advil or Aleve for a period of one week following your surgery.
- If you need pain medication, do not hesitate to take this as prescribed. **However, please eat food immediately after taking the medication to minimize the chance for nausea or vomiting.**
- Take your nausea medicine and eat food or at least drink caffeine-containing beverages
- No excessive sun exposure for a period of four weeks after surgery, if you have to be out doors, protective sunscreen lotions (SPF 15 or higher) must be used.
- **All patients are seen the day after surgery.**
- **Someone must be with you for 24 hours after surgery.**
- You will not be able to drive yourself for 5 to 7 days after surgery if you are taking pain medication, please arrange for your transportation for the post operative appointments.

REMINDERS:

- Refer to the patient discharge Instructions upon discharge from the surgery center.
- Please take all of your medications on schedule
- Report any unusual heavy bleeding or discomfort unless you have been advised otherwise. Report shortness of breath, temperature above 100 degrees and redness. Pain or discomfort in your legs should be reported immediately.

EMERGENCY NUMBER:

For emergencies after normal office hours, please call the answering service at 440-461-7999. Leave your name, phone number and the reason for your call. If after 10 minutes you do not get a response please call the number again.