FACE COSMETIC + RECONSTRUCTIVE SURGERY

FACELIFT POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions both **before** and **after** your surgery. Following these instructions carefully will assist you in obtaining the best result from your surgery.

You will need someone to drive you home and stay with you for the first 24 hours after surgery. Do not drive for 48 hours.

You CANNOT have anything to eat or drink after midnight prior to surgery.

The morning of surgery, you may take your usual daily medications with a sip of water, unless directed otherwise.

Please wear clothing that buttons or zips up to your surgery. Avoid slipover shirts and turtlenecks.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed elevated with 2 or 3 pillows. **Do NOT bend over** (e.g., reading).

Apply cold compresses (clean wash cloth soaked in ice water) regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen (Tylenol) 500-1000mg every 4 hours as needed (to a maximum of 4000mg per day). Stronger pain medication will be prescribed to you by Dr. Jaggi, only use if the Acetaminophen is not enough.

Watch for any abnormal swelling in the neck region shaped like a “goose egg” that feels firm, or fluid filled. If this happens, please contact Dr. Jaggi, as this may indicate a collection of fluid under the skin and may need to be drained.

Do not lift (greater than 10 pounds), bend forward, exercise, swim or fly for **2 weeks** following your surgery.

Do not wash your hair for the first 3 days after surgery. You may wash your face carefully avoiding the dressing. Take tub baths until the dressings are removed. After your dressings are removed, you may shower. Cleanse all areas gently and pat dry. Make-up may be used at this time.

The dressing with be replaced with a head garment. It is important the head garment is smooth against the skin and snug to minimize the potential for contour irregularities and/or fluid collection formations.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discolouration. This usually clears in **2-3 weeks**.

CONTINUED ON REVERSE

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For crusting around the suture line, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines.

An ointment (Cytoderma) for your incision will be given to you. This should be applied twice daily once your dressings are removed

Avoid EXCESSIVE chewing and facial movements, as well as prolonged telephone conversations for one week after your procedure. Avoid turning your head from side to side, turn with your whole upper body.

Absolutely avoid direct sun or tanning for **6 weeks** after surgery. Heat may cause the eyes or face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

Contact Dr. Jaggi if you develop any of the following:

- Redness or excessive bleeding from your incision.
- Severe pain, uncontrolled by pain medication.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital within 10 days of having your procedure.

You will be given an emergency contact number upon discharge

FOLLOW-UP

Day 2 or 3: Dressings removed, replaced with head garment. Only remove head garment to shower. Start applying Cytoderma to incisions twice daily.

Day 6 or 7: Sutures & staples removed.

Day 7: Only use head garment while at home and sleeping.

Day 14: Only use head garment while sleeping.

Day 21: Stop using head garment.