

New England*

cosmetic surgery & laser center
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POST-OPERATIVE INSTRUCTIONS FOR MINI FACELIFT PATIENTS

Please review these instructions BEFORE surgery. These are for patients having surgery under local or general anesthesia. Obviously, more extensive procedures require more care and recovery time. Remember that everyone heals in a different manner and your individual progress will differ from that of others.

BEFORE SURGERY:

- Carefully review the enclosed instructions regarding medications, supplements and herbal products. **No aspirin, motrin, advil, or ibuprofen for 2 weeks before and after surgery.** Tylenol is fine to take.
- Arrange to have someone pick you up. Inasmuch as it is impossible to predict the exact time of discharge (mini facelift patients should expect to be here ~3-4 hours), please bring the name and phone number of the person picking you up, and give it to the Kimberly when you check-in
- You may want to stop at a pharmacy on your way home for medication, so you may want your insurance and/or charge card
- It is necessary to have an adult in the house with you for the first day or two after surgery
- Organize your post-op schedule to eliminate any strenuous activity, especially picking up heavy objects (children, groceries etc.)
- If you do not have pre- and post-op visits scheduled, please call the office to do so
- Please shower and wash your hair
- Take arnica morning of surgery
- Please do not wear any makeup on the day of surgery
- Please wear a button up shirt (no pullover shirts or sweaters) and slip on shoes.
- You need to purchase: 2 tubes of Bacitracin, 2 Ace Bandages, cotton swabs, 4x4 gauze squares, ice packs or packages of frozen peas, and various sizes of zip-lock bags.

AFTER SURGERY:

- You will have bandages on your head and face
- **No aspirin, motrin, advil, ibuprofen, or aspirin products for 2 weeks** after surgery
- Expect bruising, swelling, numbness, and tightness which usually peaks 48 hours after surgery and then gradually subsides over the next 10-14 days
- Expect tightness in the neck and difficulty turning your head from side to side
- Sleep with your head elevated on 3 pillows
- Do not rest or sleep on your side or stomach for 6 weeks
- Begin with a soft, light liquid diet; drink plenty of fluids, and avoid foods that require a lot of chewing
- Do not smoke or drink alcohol until cleared by your doctor
- Keep **ice compresses** – ice packs, small bags of frozen peas, or gauze pads dipped in ice water and wrung out – on for the **first 48 hours**, and then as much as possible – in **15-20 minute intervals** – until your post-op visit
- Keep your head above your heart, if you have to pick up something, bend at the knees; do not pick up heavy objects
- Pain medication may be prescribed at discharge. Take only as instructed. After that, you may take Extra-Strength Tylenol™ for minor discomfort; do not take any aspirin products
- Cleanse all stitches with ¼ strength Hydrogen Peroxide 3% mixed with ¾ strength normal saline 0.9%, using cotton swabs or gauze, then pat dry thoroughly
- You should also apply **Bacitracin ointment** to the stitches once a day.
- You may apply moisturizer to your skin after 7 days, but stay away from and stitches

SUBSEQUENT CARE

- Stitches are usually removed within 7 to 14 days
- After 5 days, you may gently wash your hair with baby shampoo
- You will probably appear pale, bruised and puffy for the first 1-2 weeks.
- Do not color, streak, or perm your hair for 6 weeks
- Do not use hair rollers for 3 weeks
- Do not resume exercising until cleared by your physician; usually 3 weeks
- Apply makeup only after cleared by the doctor.
- Do not use contact lenses for one week
- Avoid direct sun exposure for 6-8 weeks; if you must be exposed, use SPF 35 sun block or higher

CALL THE OFFICE IF YOU EXPERIENCE:

- Pain that does not respond to medication
- Marked swelling or obvious swelling on one side of the face
- Increased bleeding
- Bandages that seem too tight
- Increased redness along incisions
- An oral temperature above 100.4 degrees
- Yellowish or greenish drainage from your incisions or if you notice a foul odor
- Adverse side-effects to medications such as nausea, rash, or vomiting
- If you have any questions or there is an **emergency**, please call **(781) 337-5665**. If there is no answer, call **(617) 774-1717** and ask for Dr. Lazor or the doctor on call to be paged.