Facelift
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally happen. If you have any problems or questions after discharge, please call your doctor or caregiver.

ACTIVITY
- Rest quietly with head raised and straight. You may increase activity gradually after two days or as instructed.
- Minimize talking and laughing for first 48 hours.
- To get from a lying to a standing position, help yourself up by placing one hand behind your head and lifting your head as you get up. Use the other hand to raise yourself up.
- No driving until you follow-up visit and you are no longer taking prescription pain medication.
- Avoid strenuous activity and sports for 4 weeks or as instructed by your doctor.

NUTRITION
- You may eat a soft diet that requires little or no chewing.
- Avoid very hot liquids or foods.
- Drink a lot of fluids.

HYGIENE
- No showers until your follow-up visit. You may sponge bathe.
- Do not wear make-up until your caregiver says it is okay to do so.
- Do not bleach or color your hair until your caregiver says it is okay to do so.

FEVER
- If you feel feverish or have shaking chills, take your temperature.
- If it is 100° F (37.8º C) or above, call your caregiver.
- Fever may mean there is an infection.

PAIN CONTROL
- You will be given a prescription for a pain reliever. Please follow your doctor's directions.
- If the pain is not relieved by your medicine, becomes worse, or you have difficulty breathing, call your caregiver. **No alcohol or driving while taking prescription pain medicine.**

INCISION CARE
- You will go home with a bandage wrapped around your head and possibly a drain(s) in place.
- Keep ice compresses on your eyelids for 24-36 hours after surgery. Keep ice on for 30 minutes then remove for 30 minutes and repeat. (A bag of frozen peas or corn makes a good ice pack).
- **Do not apply warm or hot compresses to your face.**

DRAIN CARE (IF DISCHARGED WITH DRAIN(S) IN)
- Empty the drain(s) when they are about ¼ full. A caregiver will show you how to:
  - Drain it.
  - Measure and write down the amount of drainage.
- Take this record with you to your follow-up appointment.

SEEK IMMEDIATE MEDICAL CARE IF:

If you notice any of the following, call your caregiver:

- Unusual or increasing swelling, or swelling that is greater on one side.
- Increasing drainage on your bandage.
- Your bandage seems too tight.
- You are unable to drink liquids or have prolonged nausea or vomiting.

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