



Facelift Surgery Post-operative Instructions

Congratulations on your decision to pursue cosmetic surgery! I have prepared several pointers which will help you to best recover from your recent procedure, in order to obtain the safest and most satisfactory outcome.

1) Immediately after surgery:

- a) No heavy lifting (more than 5 pounds)
- b) Sleeping is usually most comfortable on your back, propped up on pillows, but you may sleep on your side if comfortable
- c) Avoid bending forward at the waist to a head-down position
- d) You may eat a regular diet
- e) You may shower 48 hours after surgery and may wash your hair
- f) After washing out hair, you may comb it out gently with a wide-toothed comb
- g) You may blow-dry your hair, but use only a cool-air setting on your blow-dryer (a hot air setting can burn your cheeks or ears)
- h) No driving until discussed with me
- i) Keep cold compresses on both cheeks, neck and eyes continuously for the next 48 hours, to minimize swelling and bruising
- j) Take all medications as prescribed:
 - i) Usually Tylenol #3 or Percocet, 1 or 2 tablets every 3 to 4 hours **as needed** for pain. This may be supplemented by over the counter anti-inflammatories, such as Motrin or Advil
 - (1) Note that the pain medicine may make you nauseous or constipated; you may use over-the-counter stool softeners, such as Colace, if necessary
 - (2) Avoid straining with bowel movements; this can lead to bleeding under the skin
- k) Call my office to arrange a follow-up appointment for about 5 days after surgery. Your sutures are usually removed at that time

l) Things to watch out for:

- (1) The presence of the following mentioned conditions warrants a call to myself**
 - (i) A rapid increase in pain, swelling or very localized bruising (like a goose-egg)
 - (ii) High fevers above 38.5 C or 101.5 F

m) The presence of the following conditions is normal after surgery

- (i) Pain, bruising, and mild swelling are normal and expected after surgery
- (ii) Small amounts of blood-tinged drainage from the incisions
- (iii) Low grade temperature is often seen early after surgery
- (iv) Nausea, vomiting, and constipation are occasionally encountered after surgery

- 2) Late post-operative period:**
- a) No heavy lifting (more than 5 pounds), weight training, or vigorous exercise such as aerobics, jogging or swimming, for 4 weeks after surgery
 - b) Driving is allowed once you are off narcotic pain medication, **and** can move comfortably enough to react to any driving situation appropriately
 - c) Avoid sun-tanning or significant sun exposure for several months after surgery. Use tanning protection and a hat when out in the sun
 - d) Your stitches will be removed 5-7 days after surgery, and clips about 2 weeks after surgery. Creams and lotions over the scars are not to be used unless otherwise directed
 - e) Normal activities may be resumed as tolerated by 4-6 weeks after surgery
- 3) If any of the above information is unclear, or any other questions arise, please do not hesitate to contact my office**
- a) **During office hours, Monday to Friday: 613-792-4137**
 - b) **After hours and weekends: call my office, where you will be directed to the Plastic Surgeon on call;**
 - i) **Alternately, call the Queensway-Carleton Hospital switchboard at 613-721-7878, ext. 0, and identify yourself as a present patient of mine who needs to speak to the Plastic Surgeon on call.**
 - ii) **Additionally, my personal email is askdrsilverman@rogers.com, though I cannot guarantee an emergent response via email.**

Wishing you a speedy recovery,
H. Silverman, MD