

FACELIFT: IMMEDIATELY AFTER SURGERY

- 1. REST:** When you arrive home, rest quietly in bed with your head raised and straight. You will have a dressing on your head, and you may have some drains at the back of the dressing. If you feel nauseated, lie on your back and remain still. Any sensation of nausea should pass by the morning after your surgery. Try to minimize conversation, smiling and laughing during the first 48 hours to keep your facial muscles quiet. Expect to feel tired for 7 to 10 days after your surgery. Try to get adequate rest, fluids and nutrition.
- 2. MEDICATIONS:** Take the antibiotics and pain medication we prescribed according to the pharmacy instructions. Don't take pain medication on an empty stomach, as it may cause nausea and vomiting. Have another adult give you the pain medication at the correct time and/or keep written records of how much you take and when you take it. You do not have to take the pain medicine if you are not in pain, but you must take all of your antibiotics. Do not drive while taking pain medication.
- 3. CALL DR. ZEVON:** A) if you have severe pain not responding to pain medication; B) marked swelling, or obviously more swelling on one side than the other; C) bright red spots on the bandage which continue to enlarge; D) if the bandages seem too tight. **DON'T TAKE CHANCES! Call if you are concerned about anything you consider significant.** During office hours, call (212) 496-6600. After hours, call (917) 612-3800.
- 4. WHAT TO EXPECT:** A) Moderate discomfort; B) Moderate swelling; C) Black and blue discoloration; D) Bloodshot eyes; and E) Slight signs of blood on the bandages. Most patients feel "tight" around the head and neck. This sensation should subside during the first week after surgery. You may feel numb in different areas of the face, neck, and ears. You will have visible bruising (black and blue discoloration) and swelling of the face and neck for 2 or 3 weeks or more. You will have incisions that may be raised, slightly red and feel firm. Your face and neck may feel rigid or too tight during this time.
- 5. MOVING YOUR HEAD:** The first day after your surgery, support your head with your hands when you sit up from a lying down position. If you have assistance, another person can support you carefully and help you sit up. During the first 2 weeks after surgery, do not twist your neck to turn your head. Instead turn your shoulders, not your neck. When you bend, bend your hips, knees and ankles — do not bend from the waist, dropping your head.
- 6. DIET:** Eat a soft diet requiring little or no chewing. Drink lots of liquids. Avoid very hot foods or liquids. Avoid prolonged chewing--do not chew hard or tough foods for the first week after your surgery. Do not gain or lose more than 5 pounds if possible or your result may be adversely affected.
- 7. CLOTHES:** In the first week, wear tops with front closing buttons or zippers. Don't pull on anything over your head.
- 8. ACTIVITY RESTRICTIONS:** Continue the avoidance of aspirin, aspirin products, Vitamin E and smoking for 2 weeks after surgery. Do not drink alcohol for 5 days after surgery, or while you are taking the prescription pain medication. You may drive a car with power steering after 1 week. Refrain from sexual activity for 10 days after surgery. Do not fly for 10 days after surgery. Do not schedule elective dentistry for 1 month after surgery, but you may have dental work in an emergency. Avoid exposure to sun and heat for 3 months to avoid swelling.
- 9. GROOMING AND HAIR CARE:** When Dr. Zevon permits, you may shower or bathe with warm water and gentle water pressure. You will have stitches in your scalp and around your ears. You can clean these areas gently with shampoo and your fingers or a wet cotton pad. Do not pull your ears away from your head. You may wash your hair with mild shampoo 1 week after surgery. You may rinse your hair with conditioner before and after you shampoo to remove tangles. Continue to wash your hair daily for one week. Rinse your hair thoroughly, pat it dry with a towel, and comb or brush it gently. You may use a blow dryer on a cool setting. **Do not use a warm or hot blow dryer or sit under a hot hair dryer.** Do not use any hair clips or rollers for 4 weeks after surgery. If desired, you can your hair or get a permanent 6 weeks after surgery. Men may shave with an electric razor 1 week after surgery. Do not tweeze, wax or bleach facial hair for 4 weeks after surgery. Do not wear pierced earrings for 3 weeks after surgery.
- 10. HERBAL REMEDIES:** Some patients report that arnica contributes to a reduction in bruising or swelling, resulting in reduced discomfort and edema, and improved healing. Ask us if you wish assistance in locating a source of arnica. Take arnica orally according to manufacturer's instructions on the packaging.
- 11. POST-OPERATIVE APPOINTMENTS:** It is important to see Dr. Zevon as scheduled after surgery. Your first post-operative appointment is scheduled for _____.

SIGNATURE OF PATIENT

DATE