Postoperative Instructions for NECKLIFT/FACELIFT

ACTIVITY

* Use 2 pillows at bedtime and keep your head elevated. Do not bend forward from the waist.
* Avoid sports and other strenuous activities for 4 weeks.

HOME CARE

* Do not use hot or warm compresses.
* Avoid very hot foods or liquids.
* Eat a soft diet with little or no chewing for 2-3 days and drink lots of liquids.
* Leave dressings on until follow-up appointment.
* For drain care, please refer to separate drain form.
* No smoking after surgery to prevent possible bleeding and delayed healing.

WHAT TO EXPECT

* Moderate discomfort and moderate swelling.
* Black and blue discoloration.
* Blood shot eyes.
* Spots of drainage on dressings.

MEDICATION & COMFORT

* You may take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for pain relief.
* Pain medications may cause drowsiness, upset stomach, and constipation.
* Take pain medications with food.
* Do not drink alcohol or drive while taking prescribed pain medication.
* Refills are only available during office hours – 9am to 5pm, Monday through Friday. If you feel you need more pain medication, please call during those times.

CALL THE OFFICE (775-3446) IF YOU NOTICE

* Bright red spots on dressing.
* Severe pain not responding to medication.
* Obvious swelling on one side more than the other.
* Drains that require emptying more than 4 times per day after the first day.

I have received the above instructions. Signature X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_