

POST OPERATIVE INSTRUCTIONS FACELIFT/ LITE LIFT/ FOREHEAD LIFT/ TEMPLE LIFT (BROW/ ENDOSCOPIC BROWLIFT)

ACTIVITY

- Rest tonight.
- Wiggle your toes and ankles every hour while in bed.
- Walk every hour for 5-10 minutes (while awake) beginning the day of surgery.
- Walking without fatigue can be resumed immediately after surgery. At 1 week you can begin to take longer walks and do light housework.
- No sexual activity for 3 weeks after surgery.
- **No heavy exercise, bending, lifting, Jacuzzi, sauna, swimming, sun exposure, smoking, alcohol or sports for 3-4 weeks following surgery.**
- If Ativan is used it will make you forgetful. Do not sign important papers for 24 hours.
- If glasses are worn, frames should not touch skin or be too tight. Keep the eyeglass above temple incisions.

POSITION

- Elevate head and back on a minimum of 2 to 3 pillows or wedge while sleeping or resting. (Place pillows the long way so your chin is elevated at all times). A recliner chair is an excellent way to keep your head elevated while sleeping. During the day, sitting or standing is a great way to keep your head elevated which decreases swelling and bruising.
- Headaches are common after a browlift so keeping your head elevated will help.
- Keep chin position UP

ICE PACKS

- Yes. This will help minimize bruising and swelling
- Frozen peas work well.
- DO NOT apply ice directly to skin.
- Apply 20 minutes on/ 20 minutes off for 48-72 hours after surgery.

WOUND CARE -- SUTURE

- Begin wound care 72 hours after surgery
- Clean visible suture sites/incision with Q-tip two three times a day using ½ strength hydrogen peroxide (mix with tap water)
- Apply thin layer of Bacitracin ointment. (Don't allow any crust to collect on stitches).

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- Do not pick or use fingernails to clean (scarring or infection can occur if crusts are picked).
- If you have drains, empty when half full or every 6 hours; keep 24 hour total output for each drain and bring record with you to your office appointment.

DIET

- Once home, begin with sips of clear liquids such as apple juice, clear soups, or water. If not nauseated progress to a bland diet such as toast, crackers, rice, etc
- After this gradually progress to your normal diet. Restricting your salt intake is helpful to limit the amount of swelling you will have

DRIVING

- Driving restricted for at least 3 days after surgery and while taking prescription pain medications.

COMMON MEDICATIONS AFTER SURGERY

- **Antibiotic** - take pills as directed at pre-op appointment
- **Norco (10/325)** 1 tab every 6-8 hours as needed for pain relief.
- **Colace** as needed for constipation (stool softener).
- Continue **healing supplements/surgery vitamins** until gone.
- If you have a **Scopolamine patch** continue to wear 3 days after surgery (anti-nausea patch) *Make sure you WASH HANDS after removing this patch. The medication is absorbed through the skin and can cause blurred vision with enlarged pupil if your eye is rubbed.*
- **Zofran 8 mg** ODT every 6-8 hours as needed for nausea.
- **Clonidine patch**- do not remove for one week..This medication decreases blood pressure especially rises associated with pain and anxiety. It also reduces pain and anxiety allowing other medicines to be more effective.
- **Cyproheptadine (Periactin) 20 mg**- take 1 tablet with meals 3 times a day. Important to take if you are on antidepressants or certain other medications to prevent nausea and other problems.
- **Aprepitant (EMEND)** 40 mg tablet #1. Take with a sip of water 1-3 hours prior to surgery. If taking birth control pills, also use additional contraception for 28 days.

SHOWER

- Remove head wrap and discard 3 days after surgery or the morning of your first op appointment, whichever comes first. You may then shower and wash your hair.

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- Gently wash with warm, not hot water and avoid pulling hair. Blow dryer may be used on LOW setting.
- Wait 6 weeks after surgery to perm or color your hair.

TED HOSE

- Wear TED hose (compression stockings) for the first week and until walking usual daily amount.

Watch carefully for excessive redness, swelling, bleeding, discharge, fever (above 100F), or pain not relieved by medication.

***IF ANY OF THESE SYMPTOMS APPEAR - CALL IMMEDIATELY
(714) 902-1100***