



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

## POST-SURGERY INSTRUCTIONS: FACELIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

The following instructions are your obligation. Use this as a checklist of progress as you heal. Included are normal post-surgical experiences and key health considerations that may be a cause of concern.

### TYPICAL POST-OPERATIVE SYMPTOMS

Typical symptoms of facelift surgery and signs to watch for following a facelift include:

**Tightness or numbness of the cheeks, face and neck: Bruising and swelling beneath the eyes. A pale, swollen complexion:** These are normal experiences as the skin, tissues and sensory nerves heal. Pain medication will help you cope with any discomfort. **Consistent sharp pain should be reported to our office immediately.**

**If you have a drain placed in any incision,** you may also experience localized discomfort at the drain site.

### CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.**
- **Any pain that cannot be controlled by your pain medication.**
- **Bright red skin that is hot to the touch.**
- **Excessive bleeding or fluid seeping through the incisions.**
- **A severely misshapen appearance or excessive bruising or fluid retention that is localized to one region.**

**DAY OF SURGERY INSTRUCTIONS:**

- Walk every 2 hours for 10 minutes while awake
- Resume daily activities as tolerated
- Take medications as directed
- You may resume all medications immediately after surgery
- Sleep at 45 degree angle (2 pillows) for 1-2 weeks
- Keep incision clean and dry.
- Clean face with sensitive cleanser i.e. Cetaphil
- Apply sunscreen SPF 30 or higher before going outdoors
- Do not remove steri-strips (little white or brown tape strips)
- You may shower 24-48 hours after surgery.
- Do Not Drive while taking a narcotic medication
- You may switch to Ibuprofen 24 hours after procedure
- Wear compression garment as directed
- Do not lift, pull, or push anything heavier than 5lbs for 2 weeks post surgery
- No exercising for 14 days after surgery
- Schedule follow up appointment 3-5 days post surgery

To contact Dr. Few after hours, please call the answering service at 312-202-0882 , and press "0"