



POST-SURGERY INSTRUCTIONS: MID FACELIFT

Patient Name _____

Date _____

Surgery Date _____

Once your surgery is completed, your healing and good outcomes require following all the instructions you are given.

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 mid facelift surgery and signs to watch for following a mid facelift include:

Tightness or numbness of the cheeks. 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.

To alleviate any discomfort, and to reduce swelling, you may apply cool (not cold) compresses to your eyes, not to you cheeks or neck. Do not apply ice or anything frozen directly on the skin. Soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply directly to eyes region only, but do not apply any pressure. Apply cool compresses for no longer than 20-minute intervals. Do not apply any heat.

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, excessive bruising or fluid retention that is localized to one region.**

COMPRESSION

DAY OF SURGERY INSTRUCTIONS:

- **Walk every 2 hours for 10min, while awake**
- **Resume daily activities as tolerated**
- **Do not strain eyes (you may read, look at a computer, and watch TV as tolerated)**
- **Makeup can be applied 7-10 post surgery (varies pt to pt)**
- **Wear sunglasses when out doors**
- **Protect face and incisions with sunscreen 30SPF or higher**
- **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.**
- **Cleanse with a sensitive skin cleanser i.e. Cetaphil**
- **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"