



JONATHAN HEISTEIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY

F A C E L I F T HOME INSTRUCTIONS

DIET

- Start with a light diet – mainly liquids, then progress to a regular diet.

ACTIVITY

- Take it easy and do not schedule any significant activities for the first 1-2 weeks.
- Avoid any strenuous activity.
- Do not bend over or do any heavy lifting over 5 lbs.
- Before beginning weight lifting, jogging, high impact aerobics or any sports, check with Dr. Heistein.
- Deep breathing exercises should be done every hour while awake for the first 48 hours.
- Sleep with your head elevated (i.e. in a reclining chair or sleep with 2 pillows in bed).

MEDICATION

- ***Do not take any products containing aspirin or ibuprofen-type pills!***
- Take pain medication as prescribed and directed.
- Take Regular or Extra-Strength Tylenol 1-2 tablets every 4-6 hours as needed for lesser pain (but not in combination with the prescribed pain medicine).

WOUND CARE

- ***Do not smoke!***
- Keep the dressing surrounding your head and neck clean and dry.
- The bandage will be removed by Dr. Heistein in 24-48 hours. Then you may then shower and wash your hair. Use mild soap. Do not scrub incisions – just let water run over them gently.
- After your first dressing change in the office, then apply a thin layer of neosporin (or polysporin) ointment to the incisions twice daily.
- If you have drains in place, then empty them twice daily and record the drainage output.

PROBLEMS

- ***Call Dr. Heistein if you have problems or concerns. Observe and call for any of the following:***
- Temperature above 101.
- Excessive drainage.
- Increased pain that is not relieved by pain medication.
- Excessive tenderness, swelling, and bruising at the operative site
- Any problems with the dressing, wounds or drains.
- ***If unable to contact Dr. Heistein in an emergency situation, go to the nearest emergency room.***

ANESTHESIA

- If you had general anesthesia, you may have a sore, dry throat. Throat lozenges and/or gargles may give relief. You may have muscle soreness, a jittery feeling, or nausea for 24-48 hours.
- If you had local anesthesia, you may have pain at the incision site when the medicine wears off.

SPECIAL INSTRUCTIONS _____

FOLLOW - UP

- Please call today to schedule your post-operative appointment for _____ (unless previously scheduled)