

FACELIFT 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.
- \cdot 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)