

## **FACELIFT POST-OPERATIVE INSTRUCTIONS**

### **Supplies to have at home before surgery:**

- Prescription medications
- Acetaminophen (Tylenol) and ibuprofen (Advil)
- Dimenhydrinate (Gravol) (anti-nausea medication)
- Q-tips and hydrogen peroxide
- Polysporin original ointment

### **Activity:**

- Keep your head elevated to decrease swelling. This can mean sleeping in a lazy-boy recliner or with at least 2 pillows while in bed.
- Keeping your head elevated will ensure that the swelling decreases as quickly as possible
- Avoid laying flat or bending your neck forwards
- Place a rolled up towel between your chin and chest when reading or looking down at your phone. This will help relieve pressure on the incision lines.
- Avoid excessive physical activity, bending over, or lifting objects greater than 10 lbs
- Don't sleep with pets in bed for the first week after surgery
- Avoid smoking or exposure to second-hand smoke
- You may shower with shampoo 24 hours after surgery
- Avoid excessively hot showers, saunas, or hot tubs for the first 2 weeks to decrease swelling
- If you are given a chin strap it should be worn at all times (other than while showering) for the first 2 weeks after surgery. It should be tight enough to allow two fingers underneath.

### **Medications:**

- Ibuprofen (Advil) 400 mg is to be taken 3 times per day: breakfast, lunch and dinner with food. **NEXT DOSE:**
- Acetaminophen (Tylenol) 500 mg is to be taken 4 times per day: breakfast, lunch, dinner and bedtime. **NEXT DOSE:**
- Narcotic prescription hydromorphone (Dilaudid) or Tylenol #3 is to be taken every 4 to 6 hours, ONLY as needed. **NEXT DOSE:**
- Antibiotic (cephalexin or clindamycin) is to be started the morning after surgery until completed

- Resuming blood thinner medications should be discussed with your surgeon before starting them post-operatively
- Dimenhydrinate (Gravol) may be taken according to package instructions for post-operative nausea and vomiting

### **Wound Care:**

- A small amount of bleeding from the incisions for the first 2-3 days after surgery is normal
- Any dried blood along the incision lines can be safely removed with the use of a Q-tip dipped in hydrogen peroxide or warm water. This can be done twice a day, followed with a thin application of Polysporin to the incision line.
- Do not continue to apply Polysporin to the incision line daily past 1 week. This can result in a rash or allergic reaction.

### **First Post-operative Appointment:**

- Most sutures will be removed at this appointment other than the dissolving ones in the scalp

### **Recovery:**

- Scar massage with moisturizer can begin after suture removal
- Make-up can be applied 1-2 weeks after surgery
- Hair coloring is allowed 4-6 weeks after surgery
- Sunscreen is extremely important. The use of SPF 45 or higher along the incision line will prevent pigment changes due to sun exposure. This can be started 2-3 weeks after surgery.

### **RED FLAG SYMPTOMS:**

If any of the following symptoms develop post-operatively, please contact the clinic immediately.

- Increasing pain, redness, foul odour or drainage from the incision
- Sudden increase in swelling in the cheek, jawline or neck
- Fever exceeding 38.3°C
- Excessive bleeding
- Sudden onset of chest pain or shortness of breath (For chest pain lasting longer than 5 minutes, call 911)
- Pain or swelling of the leg
- Persistent dizziness or loss of consciousness
- Coughing up blood or bloody stool

If you develop any of these symptoms and are unable to reach the clinic or Dr. MacArthur, present to the nearest Emergency Room.

**Do not hesitate to call with any questions or concerns.**  
**Clinic business hours (9AM to 4 PM): 613-595-1880**  
**After hours: 613-219-9636 (Dr. MacArthur Cell)**

**Patient signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**RN signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_