

POST OPERATIVE INSTRUCTIONS -- FACELIFT AND FOREHEAD LIFT

PAIN MEDICATION

- Your pain medication contains a narcotic plus Tylenol.
- Take the pain medication as prescribed by Dr. Kryger. Remember not to take additional Tylenol on top of the prescribed pain pills.
- Don't wait for the pain to be severe before taking the pills. Take them as soon as you begin to have discomfort.
- Pain pills often cause nausea if taken on an empty stomach. Make sure to take them after eating some bland, non-fatty food.
- The pain pills also cause constipation. If this is a problem use an over-the-counter stool softener such as Colace.

DRESSINGS

- Do not remove the dressings. The doctor will remove them in the office.
- Any incisions that are not covered) should be kept moist with antibiotic ointment applied several times a day.
- It is completely normal for the incisions to leak pink fluid for several days after surgery.

SHOWERING

- You may not shower until the dressings are removed.
- You may sponge bath up to the neck, keeping the dressings clean and dry.
- After the dressings are removed, you may shower and get them wet with running water. But you may not submerge them underwater for two weeks.

ACTIVITY

- Stay as active as possible. Walking, climbing stairs, and moving around help the circulation and significantly reduces the risk of developing a blood clot.
- Turn with your shoulder, rather than your neck.
- Keep your head above heart level at all times. Do not bend over!
- Avoid lifting, pushing, or pulling objects over 5 lbs until instructed otherwise.
- Do not exercise until instructed otherwise.
- You may drive once you are no longer taking pain medication.
- Do not wear any facial makeup for 7 to 10 days.

SWELLING

- It is normal to have swelling and bruising.
- It is normal to find slightly more swelling on one side of the face. This may be caused by sleeping on the side.
- Sudden onset of swelling, especially associated with pain, is indicative of a hematoma. Please call the office right away.
- The bruising will subside over 1-2 weeks.

EATING

- It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.
- If you are nauseated stay hydrated by drinking water or clear liquids.
- Start with liquids, and progress slowly to solid foods. Begin with bland low fat foods such as crackers or toast.

SLEEPING

- Sleep with your head and shoulders elevated 30 to 40° on several pillows. It is normal to leak fluid out of the incisions for several days after surgery. Make sure to sleep on dark sheets that you do not mind getting stained.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30 pm or on weekends, the office phone will ring directly to Dr. Kryger's cell phone.

Call immediately if you experience any of the following:

- Chest pain, difficulty breathing or shortness of breath.
- Significant bruising or swelling that is much greater on one side than the other.
- Redness and warmth around the incisions.
- Drainage or pus coming out of the incisions.
- A fever over 101.0 degrees.

FOLLOW-UP VISIT

Call the office the day after surgery at (805)777-3877 to schedule your follow-up appointment in _____ days.