

POST OPERATIVE INSTRUCTIONS: FACE/FOREHEAD/NECK 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. For the first few days after surgery, take pain medications before you go to sleep.
- Take Ibuprofen as instructed by Dr. Kryger. Begin taking Ibuprofen immediately.
- 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.

* It is very common to have nausea from the anesthesia that can last 24-48 hours after surgery.

* You may drive once you are no longer taking narcotic pain medication.

SWELLING

- It is normal to have swelling and bruising. The bruising will subside over 1-2 weeks.
- 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!***

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 Aquaphor ointment applied several times a day.
- It is completely normal for the incisions to leak pink fluid for several days after surgery.

DRAINS

- Drains should be emptied and measured **twice** a day (or more often if they fill up quickly).
- They should also be stripped or milked **twice** a day. The nurse shows you how to do this before you go home.
- Check the drain tubing periodically to make sure it does not become kinked.
- You may have a clear dressing over the drains. Keep it as dry as possible. If the dressing comes off, wash around the drain sites daily with soap and water.

* Drains are removed when each drain produces less than 25ml/cc in a 24 hr period for two consecutive days. Use the drain record attached to help you record the output amount.

Email a your drain log to backoffice@drkryger.com to schedule removal of the drains.

X _____
Patient Signature

SHOWERING

- You may **not** shower until the dressings are removed by Dr. Kryger.
- You may sponge bath up to the neck, keeping the dressings clean and dry.
- After the dressings are removed by Dr. Kryger, you may shower and get the incisions wet with running water. **Do not** submerge them underwater for 2 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.
 - **Do not** wear any facial makeup for 7 to 10 days.
- * You may drive once you are no longer taking narcotic pain medication.

EATING

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

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.
- For the first few days after surgery, take pain medications before you go to sleep.

COMPLICATIONS

Please call the office at (805)777-3877 if you have any problem. If you call after 5:30pm 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.
- Sudden onset of swelling, especially associated with pain.
- Redness and warmth around the incision.
- Drainage or fluid coming out of the incision.
- A fever over 101.0 degrees.

EMERGENCIES

*** If an emergency arises, please call 911!**

X _____
Patient Signature