

FACE LIFT SURGERY

Home Instructions for Adults

ACTIVITY

- You will require constant supervision for the next 24 hours by a responsible adult.
- Fatigue may persist for two to three days due to the effects of anesthesia.
- **No driving, making legal decisions or operating hazardous equipment for the next 24 hours or any time while you are taking prescription pain medication.**
- For the first seven days when moving, standing or changing positions, deliberately move your head and shoulders together as a single unit.
- Keep your head elevated higher than your heart, even while sleeping for four weeks.
- Do not sleep face down.
- You may resume light walking 72 hours after surgery. Jogging and light non-contact exercise may be resumed three weeks after surgery. No strenuous activities for six weeks.
- Do not wear earrings or makeup for six weeks.
- Avoid cold temperatures (ice packs) and sun exposure (including tanning beds) for six weeks.

DIET

- Drink plenty of fluids to prevent dehydration.
- Start with soft foods, then advance as tolerated.
- Avoid foods that are difficult to chew.

PAIN

- A sore throat is common for two to three days due to the breathing tube placed during surgery.
- **Taking prescribed pain medication around the clock for the first two days is recommended.** Set an alarm clock throughout the night so that pain does not get out of control by morning. Take medication with food to prevent nausea, and you may take an OTC stool softener or drink plenty of fruit juices to prevent constipation.
- You may **CHANGE** to Tylenol after a few days if doing well, but **DO NOT** take Additional Tylenol with your prescription.
- Avoid Ibuprofen (Motrin and Advil) and Aspirin due to the increased risk of bleeding.

YOUR NEXT DOSE OF _____ CAN BE GIVEN AT _____ TODAY.

CARE OF THE SURGICAL AREA

- **Remove dressings 72 hours after surgery.**
- **Gently** cleanse the incision lines and apply the ointment provided **twice daily**.
- **Gently** shampoo your hair **72 hours** after surgery; do not scrub or comb directly on the incisions.
- Do not blow dry your hair for five days.
- Postpone any hair coloring or chemicals for four weeks.

WHEN TO CALL YOUR DOCTOR (CALL 208-336-4368 TO REACH YOUR PHYSICIAN)

- A fever of 101 degrees for more than 24 hours.
- Pain that is not controlled by your prescription pain medication.
- Nausea and vomiting lasting more than 24 hours.

WHEN TO GO TO THE EMERGENCY ROOM

- If you have difficulty breathing or shortness of breath.
- Uncontrollable bright red bleeding from your incisions.
- If you are unable to reach your physician and need help.