

A NEW FACESM: Facial Plastic Surgery
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POST-OP INSTRUCTIONS: MID-FACELIFT

Name: _____ **Date:** _____

After Surgery:

- If you have nausea when you arrive home, please use a suppository at the initial onset of the nausea.
- Sleep with your head elevated at approximately 35 degrees for the first 10 days following surgery.
- Do not wash your hair for 3 days following surgery.
- Follow mouth care instruction sheet.
- You will have a post-operative appointment 5-to-6 days after surgery.
- Continue to take the antibiotics and vitamins given to you pre-operatively until your prescription is completed.
- Pain medications are prescribed for “as needed only.” We recommend that you stop taking them as soon as possible, or use the mildest prescription. This will aide in quicker ambulation and recovery.
- Vigorous exercise is not recommended for approximately 4 weeks. However, after your dressings are removed, you are encouraged to get up and walk around.
- Hair color is not recommended for at least 14 days to ensure that your incisions are healed and have closed completely.
- We will contact you the night of surgery to make sure everything is going well and to answer any questions (make sure your phone is left on for our call). If you have any questions or concerns following your surgery, do not hesitate to call the office at 706-844-2871. If you require assistance after hours, please call the **answering service at 1-888-993-4918**. They will contact the physician on call and have him contact you.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date