

LASER & COSMETIC SURGERY SPECIALISTS, PC

POST-OPERATIVE INSTRUCTIONS

Patient:

Surgery Date:

Post-Operative Instructions for Face Lift

IN CASE OF AN EMERGENCY

- During business hours: call the office @ (845) 863-1772
 - After hours or weekends: call Dr. Rubinstein's pager @ 888-235-9868
 - **Avoid** going to the emergency room without contacting the office first for further instructions.
1. Rest on the day of surgery. Drink plenty of clear liquids during the first two days following surgery. You can eat whatever you feel like, however it is suggested that you begin with soups, toast, or other easily digested foods. Do not drink alcoholic beverages including beer and wine, for the next 24 hours. On the following day you can do those activities that you feel able to do and resume your normal activities as your physician directs.
 1. Nausea and vomiting can occur during your ride home. This is a common occurrence and is normal for many patients. If the nausea does not subside within 6 hours, you should contact your physician.
 2. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your procedure. This is perfectly normal, but you should not drive or operate any mechanical or electrical device until this feeling has worn off.
 3. You should not sign any important documents or make important decisions for 24 hours after your procedure.
 4. Discomfort or pain is usually relieved by pain relievers as prescribed by your doctor. Stomach discomfort and/or nausea can be caused by oral pain medication if you have not eaten some food; e.g., crackers and soup.
 5. If antibiotics were prescribed assure that you finish the prescription.
 6. Call for a follow-up appointment with your doctor if you have not already done so.
 7. If you have a dressing, follow the directions of your doctor. Generally; you should keep your dressing dry and in place until you are instructed to remove it.
 8. **It is very important that you wash your hands before changing your dressings or touching your surgical site.**
 - Touch surgical site or area around incision as little as possible.
 - Keep everything that comes in contact with the area as clean as possible.
 - No soaking of wound in water (including Jacuzzi) until sutures or staples are out and wound is completely healed. May shower after 48 hours.
 - Refer to your discharge instructions regarding how often to change the dressing.
 - Watch for signs of infection:
 - **Increased redness or swelling**
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever above 100 degrees.
 - Red streaks from incision
 - **For any of the above symptoms, contact our office right away.**

PURCHASE PRIOR TO SURGERY

Purchase Telfa or other non-adherent gauze dressing, baby shampoo, Hibiclens, Dial antibacterial soap, and Scar Fade ointment. Scar Fade can be purchased online if unavailable at the pharmacy.

ACTIVITIES, BANDAGES, & SHOWERING FIRST WEEK

1) Do not remove the bandage for the first 24 hours. This will be done on your first post operative visit (24 to 48 hours post op). Expect some bloody drainage into the drain reservoir, if drains are used. Record output separately for the left and right drains.

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- 2) After the first post op visit, drains are usually removed and a special lighter bandage will be applied. Wear this lighter bandage for the next 24 hours. After 24 hours, the bandage can be removed and you can begin cleaning your incisions.
- 3) Clean incisions 3 times per day with Q-tips soaked in peroxide followed by Polysporin antibiotic ointment application.
- 4) Wear washable neck garment at nighttime for the first 6 weeks. Until sutures or staples have been removed, apply a non stick gauze (Telfa) on top of the Polysporin ointment to avoid soiling of the washable neck garment. The incisions can be left uncovered during the daytime when neck garment is not being worn.
- 5) You may take a bath after 48 hours but do not shower or get hair wet for 5 days. After 5 days, the hair can be washed using baby shampoo. Peroxide may help dissolve the blood. Do not use conditioner for one week. You may carefully wash your face with a mild soap and a clean washcloth or cotton balls. Avoid irritating any of the suture lines.
- 6) Apply ice to eyes for the first 48 to 72 hours to minimize swelling. Do not apply ice over the rest of your face or neck.
- 7) No HOT or WARM compresses to the surgical area.
- 8) Stay on a liquid or very soft diet for the first three to four days. Then for the rest of the week, eat only foods that require minimal chewing.
- 9) It is not unusual to feel nausea in the first 24 hours after surgery. If you feel nauseated or vomit, take anti nausea medication as prescribed. Take only 2 to 3 ounces of clear liquids at hourly intervals until able to tolerate food. Discontinue pain medications (Tylenol is OK) until nausea passes. If these symptoms persist, call for guidance.
- 10) Smoking should be strictly avoided for at least 6 weeks before and after surgery because it interferes with the blood supply to the healing tissues and hinders healing. Alcohol consumption should be eliminated for 2 weeks before and after surgery because this can thin the blood and result in bleeding.
- 11) It is not unusual to feel a bit depressed for a few days after surgery. This passes quickly as you begin to look and feel better.
- 12) Swelling can be reduced significantly by having gentle facial lymphatic drainage massages performed by one of our medical estheticians. The first post operative massage is complimentary.
- 13) Bruising can be decreased by having non invasive laser therapy performed in our office. This helps to break up the bruising faster.
- 14) Limit your activities the first week after your surgery. Limit talking for the first three to four days. You are encouraged to walk around the house, but avoid bending over at the waist, picking up heavy objects, or straining of any kind. If you exert yourself, bleeding may result. When you rest or sleep, keep your head elevated on two or three pillows (or recliner) and avoid turning on your side.

YOU CAN EXPECT

- 1) Moderate discomfort-which should be relieved by your pain medication
- 2) Moderate swelling
- 3) Black and blue discoloration
- 4) Some bloody drainage into the drain reservoir, if drains are used
- 5) Some drainage on the bandage

POST OP 1 TO 6 WEEKS

- 1) You may slowly resume activities after the first week but do nothing aerobic. Limit lifting, pulling or pushing for 10 days. Let your body tell you how much to do. Build up your level slowly. You may begin by walking or other similar light exercise.
- 2) Moderately strenuous exercise may be resumed in 4 to 5 weeks. In 5 to 6 weeks after surgery, exercise can return to 100%.
- 3) Driving may resume 1 week after surgery.
- 4) Smoking and usage of other nicotine products should be strictly avoided at least for 6 weeks as it interferes

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with healing.

5) Avoid medications that contain aspirin or ibuprofen for 2 to 3 weeks. Please refer to enclosed medication and herbal supplement form.

6) Makeup may be applied 1 week after surgery. It is advisable to have a makeup consultation with one of our skin care specialists before surgery. The appropriate make up can be ordered in advance so that you will have it available when you are ready to begin using it.

7) Bruising and or swelling usually lasts 2 to 3 weeks. It is not unusual for some minor swelling to persist up to 3 months. Numbness can continue 6 to 12 weeks.

8) Out of state: Patients are to remain in town until all staples, sutures, and cast (nasal surgery) are removed (approximately 7-14 days after surgery).

9) Work: It is alright to return to work after 1 week. You will probably still be bruised and swollen. Most patients allow 2 weeks before returning to work.

10) Contact lenses: Do not wear contact lenses for 1 week or until approved. Eyelid patients- use extra care with placement and removal.

11) Hair color and perm: It is all right to have hair colored or permed 6 weeks after surgery.

12) Avoid excess sunlight (and tanning) for 6 weeks. Even a mild sunburn may cause prolonged swelling or irritation of the healing incisions.

Do not compare your progress with that of other patients. Remember, everyone heals in his or her own unique way. Also, if you have any questions or concerns, call us.

CALL THE OFFICE IF YOU HAVE

- 1) Severe pain not responding to pain medication
- 2) Marked swelling or obviously more swelling on one side than on the other
- 3) More than 50 cc of bloody fluid collecting in drainage reservoir in an eight-hour period.
- 4) Bright red drainage on bandages that continues to enlarge.

I hereby acknowledge receipt of post-procedure instructions. I have read and understand the instructions.

_____ Patient Signature	_____ Date	_____ Coordinator Signature	_____ Date
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_____ Ran Y. Rubinstein, MD	_____ Date	_____ Nurse Signature	_____ Date
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Revised 6-9-09