

# HEARTLAND PLASTIC —| & HAND SURGERY |—

## J. STEWART HUMPHREY, M.D. INSTRUCTIONS FOLLOWING YOUR FACELIFT

1. **ALWAYS WASH HANDS THOROUGHLY BEFORE TOUCHING OR CARING FOR SURGICAL SITE.**
2. You will experience some swelling, a feeling of tightness, and possibly some bruising. Expect this to increase for the first several days after surgery. Use cold compresses at home for the first 2-4 days. This will help reduce the swelling.
3. You may experience some pain for the first several days after surgery. Do not hesitate to take the pain medicine as prescribed. Do NOT take pain medication on an empty stomach. This may make you drowsy. Do not drive or operate machinery while taking prescription pain medication.
4. **Do not take any aspirin or anti-inflammatory medicine for three weeks after surgery unless cleared in clinic postoperatively.**
5. When resting or sleeping elevate your head on 2-3 pillows or use a reclining chair as upright as possible/comfortable.
6. Expect some drainage from the incision behind the ears and in the hairline. This is normal for several days, especially after the drain(s) are removed.
7. You may remove the reusable elastic head garment and dressings \_\_\_\_\_ hours after surgery and take a lukewarm shower. Wash the face, incision lines, and drain site(s) gently. You may also wash your hair. Thereafter continue lukewarm showering twice daily. After showering the elastic head garment should be placed back on, and you should wear this 24/7 unless showering until cleared in clinic.
8. You may have numbness of the face and earlobes, DO NOT use hot rollers or sit under a hair dryer. Use a hand blower on the cool setting only.
9. You will feel tired. This is a common side effect from the anesthesia and the surgery. It may be several weeks before your energy level returns to normal. Get up and take short walks in your home every few hours during the day while recovering at home.
10. You should NOT do any heavy lifting, high reaching, vacuuming, strenuous activity, or exercise for three to six weeks after surgery. AVOID TURNING, TWISTING, BENDING THE NECK. Avoid being outside during very hot or cold weather. Avoid unnecessary car trips and errands. Your first car trip after surgery should be to your postoperative appointment.
11. While recovering from surgery, you should walk inside your home every few hours while awake to decrease the risk of developing blood clots in your legs or lungs.
12. **DO NOT USE NICOTINE PRODUCTS, AND DO NOT EXPOSE YOURSELF TO SECONDHAND SMOKE FOR ONE MONTH AFTER SURGERY. THIS IS EXTREMELY IMPORTANT FOR WOUND HEALING.**
13. If your temperature goes above 100.5 degrees Fahrenheit or you notice any excessive redness or swelling of the incision lines or separation of the suture lines please call the office at 573-334-4263.