

RUSSELL B. STOKES, MD

A Medical Corporation

216 W. Pueblo Street, Suite A, Santa Barbara, CA 93105
Tel: 805-687-0080 Fax: 805-687-4247

POST-OPERATIVE INSTRUCTIONS FOR FACELIFT

1. Go home to bed. Up to BATHROOM ONLY with assistance for 24 hours. KEEP QUIET!
2. Sleep on your BACK ONLY. Elevate your head on two pillows. If you do not usually sleep on your back put a pillow at each of your sides to remind you to stay on your back. A pillow under your knees is alright, and you can twist at your hips.
3. You may have a small drain in place. This will be removed the next day after surgery. Call if there is more than 100cc of drainage.
4. Avoid talking and moving your head up and down or sideways. Avoid chewing the first twenty four hours. Eat soft foods that do not have to be chewed for 7 days. Examples: applesauce, mashed potatoes, yogurt, ice cream, pureed soups, scrambled eggs, saltine crackers, cooked cereal, jello, cottage cheese, etc. Flexible drinking straws are helpful the first few days.
5. **DO NOT** get your dressing wet. You may take a bath. We will change your dressings for you the following day at your post op appointment. You may shower and wash your hair on the third day after surgery. Be careful washing and drying around incisions. Apply antibiotic ointment to incisions twice a day for one week.
6. You may have difficulties getting a toothbrush in your mouth the first couple of days so have some mouth wash on hand.
7. Avoid strenuous exercise until advised by your Doctor.
8. The day your sutures are scheduled to come out put a thin layer of antibiotic ointment along the incisions. This will loosen any scabs.
9. Mild constipation may occur due to changes in eating habits & medications. Use Colace or Phillips Milk of Magnesia to resolve this if necessary. Heartburn is also common after surgery. Mylanta is effective at controlling this.
10. It is normal to have swelling & bruising following surgery. Swelling builds for the first 72 hours and then decreases. This will be the most uncomfortable period but will resolve. Pain is a normal occurrence after surgery. Everyone's pain tolerance varies and you will most likely experience some amount of pain. **If you have excessive pain, swelling or bleeding please call the office (805) 687-0080.**
11. Your sutures in front of you ear will be remove by the doctor or nurse in seven to ten days, The sutures and/or staples behind your ear will be removed in ten to fourteen days.

I have read, understand and agree to follow these instructions.

signature

date