

WHAT TO EXPECT FOLLOWING FACELIFT SURGERY

Before Your Surgery

- 1 week before your surgery, please stop taking the following medications:
 - NSAIDs such as Ibuprofen, Motrin, Aleve, Naproxen, etc as these can increase your risk of bleeding during and after surgery.
 - Aspirin and any Aspirin containing medications
 - Cold medications that contain Aspirin or NSAIDs
 - Multivitamins and any over the counter supplements
- Please notify our office if you currently take any blood thinning medications such as Warfarin, Plavix, Lovenox, and Fragmin.
- Please call our office if you have any questions regarding medications that you should/should not take before surgery.
- Please do not eat or drink anything after midnight the night before your surgery. You may take any necessary medications the morning of surgery with a small sip of water.

Hospital Stay

- If you remain in the hospital following surgery you will likely be discharged the following morning.
- After surgery you will have a head dressing and drains in place. This dressing may be changed and the drains removed prior to discharge.
- Before you are discharged from the hospital your pain will be adequately controlled with oral pain medication.

Activity following surgery

- No heavy lifting (greater than 10 pounds) or bending over or strenuous activity for a period of 6- 8 weeks. This may increase pressure and pain in your head.
- In order to prevent blood clots it is important for you to walk around once home. Please avoid any activity that raises your heart rate or causes you break a sweat until you have been cleared to resume your normal activities.
- You may not drive until and have been cleared to do so and have stopped taking pain medication.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.
- Please keep head elevated when lying down to prevent swelling for four to five days following surgery. Please avoid using pillows as they put pressure on your ears. You may use firm towels or blankets behind your head

Call the Office if:

- You have a fever greater than 101°F, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or purulent discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest Emergency Department for any life threatening emergencies.

