

After Facelift Surgery Instructions

You will have a bandage/wrap in place after surgery. This should remain in place. It will be removed at the Mercy Clinic Medical Spa the following day after your procedure.

It is very important that you **do not smoke, do not wear a nicotine patch, or do not chew nicotine gum** in the first 3 weeks after surgery. Severe scarring may result from failure to observe this precaution.

Medications: (you may be given all or some of the following medications depending on your surgery)

- Pain Medication: You may take it every 4 hours as needed. Do not drive a vehicle or operate heavy machinery while using this medication.
- Anti-Nausea Medication: In the event that you experience nausea or vomiting, take this medicine. While you may not need it, it is advisable to fill the prescription just in case.
- Stool Softener: Your pain medicine can cause constipation, and excess strain and pressure can not only be unpleasant, but may hurt your incisions. Please take this while on the Pain Medication.
- Muscle Relaxant/Anti-anxiety Medication: This will help relax the muscles involved in your procedure, which will help with pain control and should help you sleep.

Although you have been given a prescription for pain medication, you may only need regular Tylenol, and should try it first. If your stomach becomes irritated or upset, stop the medication.

Do not use Ibuprofen or aspirin containing products which may increase your chances of bleeding complications.

Surgical site care:

- Please have someone available to drive you home from the office and remain with you the first night after surgery. You do not, however, need medical care, only "TLC."
- Leave bandages in place until Dr. Shah's Nurse removes your bandages in the Mercy Clinic Medical Spa.
- You may shower and wash your hair the next day after your bandages are removed by Dr. Shah's Nurse. It may take several attempts to fully clean it; be gentle and use baby shampoo. Your hair can be combed out gently with a large-toothed comb, being careful around the stitches. You may use "No More Tangles" to make combing the hair easier.
- Avoid hot blow dryers or curlers that may damage incisions or burn the scalp. You may still have some numb areas after surgery and may not realize how hot the scalp and incisions are.

- Slight signs of blood may show on the bandages and this is normal.
- You can expect swelling and bruising, sometimes unevenly. Rarely are the two sides of the face the same at any one time. Each side heals at a different rate, but be assured the swelling and bruising will gradually subside after the first few days.
- Make-up to cover any residual bruises can be worn after the 5th day. Our medical spa staff can help you with the cover up if needed.

Activities:

- Rest with your head of the bed at about 30° elevation. Sleeping on two pillows will be more comfortable and helps to keep swelling down.
- Sleep on your back and not on your side (as best you can) for 5 days. Be sure to wear comfortable button up shirts.
- Avoid strenuous activity, getting overheated or sunbathing for three weeks. Avoid blowing your nose, coughing, straining, or raising your blood pressure. Do not bend your head down!
- Do not drive a vehicle for **1 week** after your procedure.
- Do not engage in sexual activity for a minimum of two weeks after surgery.
- Hair coloring can be done three to four weeks after surgery.

Diet:

- You may drink small amounts of liquids as desired and as tolerated the first night. The following day, a soft diet is suggested and after that you may eat and drink as desired, with the exception of alcohol, which must not be taken for three days after surgery.

Follow-up appointments: (Please call the Mercy Clinic Medical Spa at 417-820-9340 to schedule your appointment.)

- 1 day after surgery: Your bandage will be removed by either Dr. Shah or one of his staff the day after surgery.
- 1 week after surgery: Check incisions, monitor bruising and swelling.
- 1 month after surgery: Remove any residual sutures and discuss scar care.
- Annually: We would love to make sure everything is going great after your facelift procedure.

Watch for the following signs and symptoms. Notify the Mercy Clinic Medical Spa (820-9340) immediately if these occur:

- Fever or blistering.
- Redness that looks like a sunburn, tenderness or warmth in the area of redness.

- Sudden increase in one sided pain.
- Swelling that is much greater on one side.
- Bruising is **NORMAL**.

Call the Mercy Clinic Medical Spa 417-820-9340 if you have any questions.

NOTE: If your procedure falls on a Friday, one of the Medical Spa Staff members will meet you at the office on Saturday morning, the day after your procedure. The Surgery Center is closed on the weekends. You may park on the SOUTH entrance of the Surgery Center building and a staff member will meet you at this entrance. This is located on the same side of the building where you were discharged from surgery.

