

ASSOCIATES IN PLASTIC SURGERY, INC.

FACE LIFT WITH BLEPHAROPLASTY OUT-PATIENT SURGERY POST-OPERATIVE INSTRUCTIONS

1. Use your medication as ordered.
2. Call your doctor if you notice any excessive swelling, bleeding, or soreness, particularly if you notice the difference on only one side.
3. It is necessary that you stay quiet and do little talking for the next 24 hours as excessive activity may cause bleeding to occur. Please try to avoid any strenuous activity for ten days.
4. Sleep on three or more pillows. These pillows should be placed lengthwise under your back and neck, not under your head, to help decrease soreness and swelling. This is of limited benefit after 3 days. Remember elevation will be helpful to control swelling but not at the expense of rest. Therefore, if you cannot rest with your head elevated, do not exhaust yourself. The swelling will always go away.
5. You may sleep on your side if it is more comfortable for you.
6. You have been given a bottle of Sodium Chloride (salt water) and some gauze pads. When you arrive home, Pour the solution into a bowl, place several gauze pads in the bowl with the solution and place in the refrigerator. Place a cold gauze pad on each eye. Alternate pads on the eyes with cold pads that are in the solution as necessary (every 20-30 minutes). Continue this through the evening to help decrease swelling and soreness.
7. You have been given a prescription for eye ointment. At bedtime, squeeze some ointment on your eyelid suture line and in your eyes to keep them moist.
8. If a dressing has been placed around your head, keep the dressing dry and intact until you see your doctor.
9. A surgical drain may have been placed at the time of surgery by your physician. Separate instructions regarding their care and management of the drain will be provided prior to discharge from the recovery room.
10. You may drink liquids when you arrive home. By the evening you may have a light meal. It should be a soft diet which requires no strenuous chewing.
11. Do not drink any alcoholic beverages-beer and wine included-for 48 hours. They do not mix with anesthesia and may make you very sick.
12. Do not drive your car or do anything that requires your coordination for 48 hours. The medication and/or anesthetic agents may interfere with good judgment.
13. Do not smoke.
14. Patient must not be left alone for 24 hours.
15. Anesthesia can sometimes delay the bladder function and your ability to urinate. If you are unable to urinate within 6-8 hours of arriving home, please call the office or the on call physician.
16. Point and flex your toes, bend your legs at you knees every fifteen minutes while you are awake to promote circulation in your lower extremities.
17. Take a couple deep breaths and clear you throat to promote good oxygenation every 3-4 hours while awake.
18. Do not hesitate to call the doctor's office at 491-3535. The nurse will be glad to assist you in any way possible. If it is necessary for you to contact a doctor after 5:00 PM, when the office is closed, or on the weekend, please call the doctor's answering service at 491-3535 and the physician on call will be contacted to assist you with any problems or questions.
19. Return appointment: _____

The above postoperative instructions have been explained to me by _____
and I completely understand them insofar as possible.

Patient Signature _____