

DR. WENIGER'S FACELIFT/NECKLIFT POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the major problem to watch for is bleeding and blood collecting under the skin (hematoma). One or more drains will likely be in place after surgery and will be removed in several days. Fever over 101 degrees F, any sudden increase in bloody output, increase in swelling, or bruising on one side of the face could be the result of bleeding and should be reported to the office immediately.

DO:

- Keep face dressings on until removed by Dr. Weniger or staff.
- Keep head elevated at all times to help prevent hematoma and while sleeping for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Use cool compresses/iced gauze on eyes every 30 minutes for 3 days if eyelid or brow/forehead surgery was done.
- Strip and record drain output. If more than one drain, record separately and total amounts for each day. Bring record to office visits. Let drain(s) dangle to floor while in shower.
- Place Mupirocin ointment on any exposed incisions/suture lines at least 4 times a day after head wrap is removed. Keep all incisions very moist with OINTMENT at all times. Use mupirocin for 2-3 days then switch to Aquaphor. If you had eyelid surgery as well, special eye ointment is used for these incisions.
- Take your narcotic pain medicine as needed and always take with food.
- Use Tylenol/extra strength Tylenol when pain medicine runs out or if too strong. Ibuprofen can be used 2 weeks after surgery.
- Walk OUTSIDE daily beginning the day after surgery.
- Eat as tolerated. Start with something light and then advance diet slowly. Eat plenty of protein and avoid salt. Do not over drink fluids.

DO NOT:

- **Bend over, lean, squat, or plie. You can look down but you cannot not go down in any way**
- **Wear slip on shoes- do not lift your foot up to you to put on socks and/or shoes.**
- Drive until instructed to do so by Dr. Weniger (no patient may drive while on narcotics or while vision is impaired by swelling).
- Participate in any exercise, sports, strenuous activity, or sexual intercourse until instructed by Dr. Weniger (may stimulate bleeding). All activities may be resumed after 6 weeks. Instructions regarding gradual return to exercise will be individualized for each patient according to how that patient heals.
- Wet incisions until instructed to do so by Dr. Weniger.
- Drink alcohol while on narcotics (causes bleeding) or for one week after surgery.
- Submerge in any form of water for at least 3 weeks.

Your follow-up appointment is _____

Instructions understood & copy given: _____

For any problems or questions that you may have regarding your post-surgery recuperation, please call us.
843-757-0123