

DR. WENIGER'S MID-FACELIFT, CHEEK/FACIAL IMPLANT and BUCCAL FAT REMOVAL POSTOPERATIVE INSTRUCTIONS

During the first week following your surgery, the major problem to watch for is bleeding and blood collecting under the skin (hematoma). 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 head elevated at all times to prevent hematoma and while sleeping to help swelling for a minimum of 7 days. Sleeping in a recliner-type chair is best.
- Eat soft foods for one week (follow food restriction instruction page). Eat plenty of protein and avoid salt. Limit water intake
- Be gentle around the incisions in your mouth. Use a baby toothbrush and rinse your mouth after every meal.
- 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.
- Walk OUTSIDE daily beginning the day after surgery.

DO NOT:

- **Bend over, lean, squat, or plie. Do not lift your foot up to you to put on socks and 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.
- Drink alcohol while on narcotics or for 2 weeks after surgery.
- Take blood thinners (ibuprofen, advil, aleve, etc.) for 2 weeks after surgery.

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