

# **BARRY J. COHEN, M.D., P.C.**

## **Facelift/ Necklift**

### Post Op Discharge Instructions

**Please review the following discharge instructions and be sure that you understand them. If you have any questions, please contact our office at 301-656-6398**

- The following day you will need to return to the Rockville office to have your incisions checked and your dressings changed. At this time the staff will also be able to wash your hair to remove any drainage .
- You will need to keep your head elevated, **Avoid** bending over, straining, and minimize coughing. This could increase pressure to the face and increase bleeding and blood clots to form.
- You will have swelling and bruising on your face, neck, and behind your ears. You may use cold compresses (i.e. washcloth, peas, etc.) for 10-15 minute intervals throughout the day. **NO ICE!**
- During surgery numbing medication is used so do not expose your face or scalp to direct sunlight, heat, and/or cold due to decreased sensation.
- If you have muscle tightening in the neck during surgery you will feel pressure and tightness around your neck. You may feel as if the dressing is too tight or that you are unable to breathe. This is very normal and will relax over the next few months.
- Do not take any medications containing aspirin or Motrin for the first two weeks after surgery
- You will need to increase your fluid intake (i.e. water, gatorade, or gingerale etc.) to help prevent dehydration
- A fiber supplement is needed to decrease the risk of constipation related to usage of pain medications
- It is very important to walk around the house every hour that you are awake. This will help to prevent blood clots from forming in your legs. You will be given TED stockings the day of surgery. They need to remain on until the evening after surgery.
- If you do not urinate within eight hours after surgery you will need to get a catheter place to empty your bladder. You will need to come to the surgery center during business hours or go to the nearest emergency room after hours
- Deep breathing every hour while awake to promote full lung capacity. It may hurt to take deep breathes after surgery, but it is essential to help prevent the possibility of pneumonia
- You may eat light foods the day of surgery such as toast, crackers, soup, jello, etc. Greasy foods may cause nausea and vomiting. The day after surgery you may increase your diet as tolerated
- **ABSOLUTELY NO SMOKING!** Smoking will compromise blood flow to the surgical area, which can cause delay in the normal healing process.

#### **PLEASE CALL THE OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCUR**

- Please note that you may have a low-grade fever related to surgery. If the fever is 101.1 or above please contact the office
- If you are short of breath that is not relieved by sitting in the upright position.
- Significant bleeding from the surgical site
- Please check behind both ears to check for blood clots. They will look like golf balls.

**Please contact the surgeon's assistant to make your one week post op follow up.**

THE SURGERY CENTER WILL CONTACT YOU ON THE NEXT BUSINESS DAY TO CHECK ON YOUR STATUS AND ANSWER ANY QUESTIONS OR CONCERNS THAT YOU MIGHT HAVE

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_