

MID-FACELIFT POSTOPERATIVE INSTRUCTIONS

**** IMPORTANT NOTE**** *Nausea and/or perspiring are the first signs of fainting. If you experience this, immediately lie down with your head in a horizontal position with the rest of your body and elevate your feet. Failure to follow this rule could conceivably result in cardiac arrest or your heart stopping.*

Eating and Drinking

1. Stay on a full liquid diet for 3 to 4 days postoperatively.
2. Do not chew, and talk as little as possible for 3 days.
3. Drink only from a glass or a cup. A baby tumbler (one with a spout) is ideal.
4. When you eat or drink, do not suck and do not use a straw.

Other Instructions

1. Have someone assist you to the bathroom the first 24 hours after surgery.
2. Have someone assist you with eating if you cannot see.
3. Rest with your head elevated on 2 pillows for 2 days.
4. Take your medications as prescribed by the doctor.
5. DO NOT remove bandages unless advised by your doctor.
6. DO NOT lie on your cheeks.
7. Do not be alarmed if there is dried blood on your face or the head bandage. This is normal.
8. If a chemical peel was performed at the time of surgery, apply half-strength Betadine solution twice daily to lip abrasion area if present. Cleanse the area with hydrogen peroxide first.
9. If you can't close your eyelids, use the prescribed ointment or Lacrilube drops in your eyes at night.