CAREOS

Discharge Instructions Facelift/Necklift/Fat Transfer

DATE_____

❑ **Dr. John Shore** ❑ **Dr Sean Blaydon** ❑ **Dr. Tanuj Nakra** ❑ **Dr. Vikram Durairaj** ❑ **Dr. Emily Bratton**
❑ **Dr. Marie Somogyi** ❑ **Dr. Brett Davies** ❑ **Dr. Natalie Homer** ❑ **Dr. Aliza Epstein**

After hours & weekends (512) 533-7355

CALL IMMEDIATELY FOR THESE PROBLEMS: **Office (512) 458-2141 M-F 7:30 am-5pm**

- **Pain not controlled by medication.**
- **Fever over 101 degrees with increasing pain, redness, swelling, and drainage from wound.**
- **If you notice rapid swelling or blood dripping from the incision.**

DRESSING

- Keep the facial/neck dressing dry, and leave dressing in place until seen by your surgeon in follow-up.
- The dressing on the fat transfer donor site may be removed the next day. Expect drainage from the donor site for first 24 hrs.

MEDICATION

- ❑ Continue your regular medications unless otherwise instructed by physician.
- ❑ Apply a small amount of _____ointment to the stitches _____times a day for _____ days.
- ❑ Take prescription **pain** medication for moderate pain. Tylenol/Extra Strength Tylenol for mild pain. Take pain medication with food to avoid nausea.
- ❑ ***You were given pain medication in the surgery center. Next dose of pain medication at _____.***
- ❑ **DO NOT** take Aspirin, Aspirin containing products or anti-inflammatory medications (NSAIDS e.g. Advil, Motrin, Aleve, Celebrex, etc.), for 7 days after surgery.
- ❑ ***Blood thinning medication such as Coumadin, Plavix or Aspirin can be restarted on _____.***
- ❑ Other medications: ❑ Promethazine as needed for nausea. Next dose: _____
  ❑ Medrol Dose Pack starts _____

- Rest quietly at home for two days after surgery and elevate your head on 2-3 pillows while sleeping.
- Stay in the company of a responsible adult for 24 hours after surgery.
- When bending, bend at knees only, and not from waist.
- Avoid lifting anything heavier than a gallon of milk for 7 days.
- No heavy exercising of any kind for two to three weeks, and until approved by your surgeon.
- Wear a cervical foam collar after the bandage is removed to protect your neck, and remove it only for showering.
- Use caution in turning your head and avoid exaggerated head movements for two weeks. Drive only in familiar areas.
- Wear button down shirts to minimize use of pullover clothing for 2 weeks.
- Do not submerge your head underwater in a swimming pool or hot tub for 1 month after surgery.
- **Do not drive** while taking prescription pain medication. **Do not smoke** for 2 – 4 weeks following surgery.

HYGIENE

- After the dressings are removed you may shower and gently shampoo your hair.
- Numbness of the ears and neck may be present for some weeks after surgery. If using a hair dryer, use with caution on warm setting. Avoid prolonged exposure to cold temperatures.

DIET

- Resume regular diet. Select foods that are easily chewed and take small bites.
- No alcoholic beverages for 1 week after surgery, or while taking prescription pain medication.

OTHER_____

FOLLOW UP APPOINTMENT _____days. ❑ **PLEASE CALL 512-458-2141 FOR APPOINTMENT**

I have received and understand these instructions. _____ _____
Patient/Representative Reviewed by

If you have any questions **immediately** after surgery call CAREOS M-F **7am-4pm (512) 458-4391.**