

Discharge Instructions Facelift/Necklift/Fat Transfer

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After hours & weekends (512) 533-7355
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CALL IMMEDIATELY FOR THESE PROBLEMS:

- 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