



## **At-Home Instructions**

### **Facelift**

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to call our office at 216-292-6800 if you have any questions or concerns.

### **General Instructions**

- Sleep on your back with your head and shoulders elevated on two pillows; as well as pillows under your legs. You may resume your normal sleeping position when the swelling has subsided.
- Keep your head higher than your waist for the first 5 days.
- 24-48 hours after surgery, you may shower with your back towards the water. Use barely tepid, lukewarm water. Wash your hair with a mild shampoo daily. Pat dry and be very gentle while combing your hair. No tub baths.
- Avoid curling irons, hot rollers or hot combs.
- Use only the cool settings on the hair dryer.
- The doctor will advise you on resuming the use of makeup.
- Avoid strong sunlight or wear a sunhat. Use sun block.
- Avoid strenuous activities that could increase your blood pressure. Minimize exercise and sport activity for 4 weeks, as this can cause swelling and bleeding.
- Do not drive while on pain medications.
- Smoking is prohibited at least 6 weeks before and until you are completely healed, and instructed by the doctor.

### **Diet**

- Resume normal diet as tolerated.

## **Special Instructions**

Follow these instructions for **3-4 BEFORE your surgery** and for another **2 weeks AFTER surgery**.

- There is absolutely NO driving while on pain medication or Valium® (see medicine list given to you with your pre-operative paperwork).

### **Do NOT take the following products:**

- Aspirin/low-dose aspirin
- Ibuprofen (Advil®, Motrin®)
- Naprosyn or Naproxen (Aleve®)
- Vitamin E (even small amounts in mutli-vitamins)
- Herbals, homeopathic medicines, or green tea
- Protein Supplements (shakes, energy drinks)
- Growth hormone
- Diet pills (Meridia®, Metabolife®, etc).

**Tylenol containing product (acetaminophen) are safe to take. If you are unsure about what products to take or avoid, call the office at 216-292-6800.**

## **Pain Control/Medications**

- You will receive a prescription for pain medication that can be taken as directed, if needed for pain control.
- The pain medication may cause constipation and does impair your ability to drive or make important decisions (have over the counter Colace or laxative on hand).

## **Wound Care**

You may experience:

- Bruising and swelling of the forehead and eyes for 2 weeks.
- Swelling to the face and neck for 2-3 weeks.
- Do not worry about wrinkles from the surgery or side to side differences on your face. This is common with postoperative swelling.
- Discomfort around the ears for 2 weeks.
- Tightness in the neck for 2-3 months.
- A small amount of oozing from the incisions.

The day after surgery, the wrapping and dressings can be removed and everything will be inspected and redressed. Your drains will be removed.

Re-apply antibiotic ointment (Neosporin®, Bacitracin®, or Bactroban®) to all of your stitches.

You should be presentable in public in 10-14 days with a scarf or loose turtleneck.

Follow-up with your post-operative visit scheduled 1 week after your procedure. At this time, we will remove some of your stitches (these will be removed in stages) and give you further post-op instructions.

**Call the office at the first sign of:**

- Excessive pain associated with pressure.
- Excessive bleeding at the incision.
- Redness, drainage, or odor from the incisions.
- Fever or chills.
- Shortness of breath.

**Do not hesitate to call if you have questions or concerns!**

The office of Mark A. Foglietti, D.O., FACOS and Alanna F. Fostyk, D.O.  
216-292-6800

**Please call with any questions.**