



**Plastic, Reconstructive & Aesthetic
Surgeon**

POST-OP INSTRUCTIONS

Facelift

Rest

- Go home and rest and elevate head on 4-5 pillows for the first week (to reduce swelling.)
- When resting flex calves to maintain leg circulation and avoid clots in the veins of the legs.
- Do not bend over but rather squat to reach down to reduce the risk of haematomas.
- Cold fluids on the day of surgery. Have a soft diet the following day.
- Overnight, remain within 1 hour's distance of the surgery in case of complications.

Bleeding

- Minor bleeding the first 24-48 hours post operatively is normal.
- Heavy or prolonged bleeding – contact Dr Belt at numbers listed on the back page of this pamphlet.
- Swelling on one side of the face - contact Dr Belt at numbers listed on the back page of this pamphlet.

Wound Care

- Keep head bandage dry and intact until review by Dr Belt. Do not remove it. Leave any drains in place until review by Dr Belt.
- Appointment will be made to return in 2-3 days to have the bandage removed. Please bring along your face garment.
- Temporary numbness to the face, neck and ears is normal.

Pain Relief

- The Anaesthetist will provide a script for pain relief – sufficient for a week. If you run out, Panadeine should be adequate.
- Do not take Aspirin or NSAIDS (unless prescribed) as it prolongs bleeding.
- Contact Dr Belt if pain relief is inadequate.

Infection

Wound infection is an infrequent occurrence. Contact Dr Belt if your experience:

- Increased pain, temperature and flu-like symptoms.
- Widespread redness.
- Offensive discharge coming from your wound.

Exercise

- Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- Try gentle exercise i.e. walking or isometric (tensing muscle groups for 6 seconds at a time).
- Do not drive a motor vehicle for 5-7 days post-operatively.
- Avoid sexual activity for 2 weeks post operatively.

Emergency

At any time during office hours my Registered Nurse – Sally, is available to help with any concerns you might have pre & post operation. In the uncommon event that you cannot contact Dr Belt or his colleagues in an emergency, please present to Greenslopes Private Hospital Emergency Department for treatment.

Contact Numbers for Dr Belt:

Office: 07- 3852 6800
Mobile: 0414 752 358

Pacific Plastic Surgery Clinic is located at:
Level 1, 38 Misterton Street
Fortitude Valley Q 4006

If you have any problems post operatively, please contact me on the above numbers. I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.

