

Facelift Post Op Instructions

Rest

- ✓ Go home and rest, elevate your head on 3-5 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.
- ✓ Squat (rather than bending over) when reaching down as this will reduce the risk of haematomas.
- ✓ Only have 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 or swelling on one side, contact Dr Belt on the numbers below.

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 after surgery to have the bandage removed. Please bring along your face garment.
- ✓ Temporary numbness to the face, neck and ears is normal.

Pain Relief

- ✓ A script will be provided for pain relief - sufficient for one week. If you run out, Panadeine should be adequate.
- ✓ Do not take Aspirin (unless prescribed) as it prolongs bleeding.
- ✓ Contact Dr Belt if pain relief is inadequate.

Infection

- ✓ Please remember to take your antibiotics regularly as prescribed
- ✓ Wound infection is an infrequent occurrence. Contact Dr Belt if you experience:
 - Increased pain, temperature and flu-like symptoms
 - Widespread redness
 - Offensive discharge coming from the wound.

Exercise

- ✓ Avoid strenuous lifting, aerobic exercises and swimming for 6 weeks post-operatively.
- ✓ Try gentle exercise i.e. light walking
- ✓ Do not drive a motor vehicle for 14 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, 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.