

## 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.