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American Academy of Facial Plastic and Reconstructive Surgery
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Office Phone: 850-877-0101

PATIENT DISCHARGE INSTRUCTIONS OPERATIVE PROCEDURE: FACELIFT and/or BROWLIFT

POST-ANESTHETIC CONSIDERATIONS: Anesthetics and other medications will be in your body 24 hours, so you may feel a little sleepy. This feeling will slowly wear off, but for the next 24 hours, adults should not:

- Drive a car, operate machinery or power tools
- Drink any alcoholic beverages
- Take any medication except as directed
- Make any important decisions – such as signing legal documents

Certain anesthetics and pain medications may produce nausea and vomiting which usually resolves by the evening of the surgery.

ACTIVITY: At home after the procedure go to bed and try to sleep with your head elevated on 2-3 pillows. You may get out of bed to go to the bathroom with assistance. Get plenty of rest for the first week after your procedure. Avoid excessive physical activities, hard chewing, lifting heavy objects (over 10 lbs.), or bending over. Avoid any physical exercise that can cause overheating for two weeks after surgery.

DIET: Try to eat a light, soft meal the evening following your procedure. Continue a relatively soft diet and avoid foods that cause excessive/hard chewing for two weeks.

WOUND CARE: At your first follow up visit, the tight dressing will be changed to a looser, protective dressing for one more day. The drain, if used, is removed at this visit also. Eat something light and take your pain pills as needed before coming to the office for these visits. After all of the bandages are removed, you may wash your face gently with a mild soap (Dove or Neutrogena) and water. Avoid vigorous scrubbing. You will be instructed to shower and wash your hair with a mild shampoo (Johnson's baby shampoo) 1-2 days after the procedure. Do not use a hot hair dryer.

MEDICATIONS: You may have a medication for pain and an antibiotic. Be sure to take the antibiotic as prescribed and for the full time recommended by your surgeon. If you do not have these, please ask your surgeon about them to make certain. Unless otherwise indicated, you may try taking an antihistamine/decongestant, which might help a little with nasal congestion. Also, at nighttime, you may try using a topical nasal decongestant (such as Afrin or Duration or any other nose spray or drops) to help somewhat with breathing. Obviously, in the circumstances of complete nasal packing, this will make no difference. Use only Tylenol or other pain medication prescribed by your surgeon. Do not take aspirin or aspirin-type products (Motrin, Nuprin, Advil, etc.), or any other pain medication other than that prescribed by your surgeon. This is very important as some of these medications can cause bleeding.

SYMPTOMS TO EXPECT: Swelling, bruising, and tightness of the bandages are normal complaints. Swelling and discoloration peaks on the 3rd day. Your face will be swollen for 2-3 weeks after the procedure; perhaps less if you do not have intra-oral incisions. Try not to let this upset you. Avoid sudden movements of your head to either side to prevent tension on the sutures. Move your shoulder along with your head.

WHEN TO CALL YOUR PHYSICIAN:

- If you experience swelling accompanied by excessive bruising & pain (esp. if it occurs only on one side)
- A temperature of more than 101.5 degrees at any point
- Pain or nausea uncontrolled by the prescribed medications

SPECIAL INSTRUCTIONS: A postoperative appointment has already been scheduled. Please refer to your Surgery Information Sheet or call the office to confirm the appointment date and time. We strongly suggest that a responsible adult be with the surgical patient the rest of the day and also during the night for the surgical patient's protection and safety. Please contact your physician immediately if any problems occur or if you have any further questions. If you find that you cannot contact him but feel that your signs and symptoms warrant a physician's attention, go to the nearest emergency room.

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