



POST-OPERATIVE INSTRUCTIONS -TEMPLE LIFT

Patient Name: _____ **Date of Post-Op:** _____

Medications:

Be sure to take all antibiotics as directed until you finish your prescription. Take your pain medicine as needed for discomfort. Do not take any pain medicine on an empty stomach and avoid the use of Tylenol while taking your narcotics. Do not take any other anti-inflammatory medications (e.g.: Aspirin, Advil, Ibuprofen) unless otherwise directed by your doctor. You may take Tylenol when NOT taking Narcotics 6 hours before surgery. Avoid Vitamin E, Herbal meds or teas, Fish Oil & Alcohol. An over-the-counter stool softener (Colace or Miralax) is recommended if you are taking prescription narcotic pain medication since they may cause constipation.

Dressing – Shower – Bath:

You may shower 2 days after surgery. No tub baths, hot tubs or swimming pools until wounds are completely healed.

Diet:

You will start with a clear liquid diet and then progress to your regular diet if you experience no nausea.

Activity – Exercising:

Slow walking is allowed anytime. Brisk walking may be resumed in 4 weeks after surgery. No strenuous exercise (aerobics, jogging) is allowed for 6-8 weeks after surgery. No heavy lifting (greater than 5 lbs) is permitted for 4 weeks after surgery. Do NOT drive a car 7-10 days after surgery or until off narcotic pain medication. **NO TRAVEL FOR 2 WEEKS POST-OPERATIVELY. Make plans accordingly!**

Sutures:

The first set of facial sutures shall be removed 6 days after surgery. The second set of sutures shall be removed 4-6 days later. Make-up may be worn once the incisions are completely healed or there are no scabs covering the incision. Watch for symptoms of **Cellulitis** (warm, red, tender skin to the touch). Call the office immediately if you do.

Post-Op Care:

You may allow soap and water to run over your face in the shower. Be careful not to rub or scrub the face as it may break any of the internal sutures loose and cause unnecessary bleeding and increased bruising. It is not uncommon for your face to itch and feel dry. This is due to swelling in the face both internally and externally. You may gently dab some of your favorite facial lotion on your skin, but not directly on, the incisions. You may experience bruising and swelling for 7-21 days after surgery. Sleep with your head elevated approximately 30-45 degrees above the level of your heart for the first 2 weeks after surgery by using 2-3 pillows to prop up your head. This will help to minimize bruising and swelling. You may also find it more comfortable to sleep in a recliner for the first 1-2 weeks.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE
DURING REGULAR BUSINESS HOURS, M-F 9-4:30 PM • (502) 589-5544**

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