



Plastic Surgery by Bram Kaufman, MD, FACS

Experience & Compassion

*216-778-4450 Office
216-778-7800 After Hours*

Post-Operative Instructions for Facelift

DIET:

Most people can resume a normal diet within 24 hours. If you feel queasy or nauseated, start with clear liquids or soup. Advance your diet as tolerated to a regular diet. You may experience some constipation as a result of the pain medication. I recommend a trial of over the counter laxatives such as Milk of Magnesia. If this is not sufficient, then a dulcolax tab or suppository may be necessary.

ACTIVITY:

On the day of surgery and for 2 days after, please avoid exertion, straining, bending or lifting. I encourage you to be modestly active after the first few post-operative days. Walking short distances is perfect. Avoid exercise until we discuss it at your first post op visit.

Elevating your head by resting or sleeping in a recliner or on several pillows in bed will help decrease swelling and discomfort.

WOUND CARE:

Expect some drainage, swelling and bruising for several days. Leave the dressings and compression garment in place until I see you in the office. If the dressing feels too tight, you may release the dressings by cutting and retaping them in a looser position, or release the Velcro on the chin garment. Avoid mascara and make-up until we discuss this at the first post op visit.

If you have a drain, follow the drain instructions provided and record the output twice daily on the drain output record.

BATHING:

I ask that no showers are taken until the first dressings are removed (sponge baths are ok).

PAIN CONTROL:

Take the narcotic pain medicine as needed. In two days it is recommended you take 600-800 mg of Ibuprofen (Motrin, Advil etc.) every 6-8 hours as needed. This can be taken with the narcotic. Please do not drive until you are no longer taking the narcotic and are free of significant pain.

EMERGENCIES:

If there is a problem, please call me, my office or the resident on call. Most issues are easily addressed and do not require significant intervention.

The most common emergencies that might need attention are:

- Sudden loss of vision or change in vision
- Sudden increase in pain, especially if on one side only
- Nausea that lasts 4 hours or more and does not respond to medication
- Bleeding
- High fever lasting more than a few hours and not responding to medication
- Shortness of breath or chest pain
- Leg swelling
- Loss of consciousness

If you feel the situation is urgent, call 911 and/or proceed directly to the closest emergency room. Please call us as well.

FOLLOW-UP:

Follow-up is typically in 5-7 days and should be scheduled by calling Dr. Kaufman's office at 216-778-4450 if it has not already been arranged.

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