

MICHAEL J. SUNDINE, M.D., F.A.C.S.
AESTHETIC PLASTIC SURGERY
Certified By The American Board of Plastic Surgery

POSTOPERATIVE INSTRUCTIONS FOR FACELIFT SURGERY

FACILITY _____ DATE OF BIRTH _____ SURGERY DATE _____

PATIENT _____ ANESTHESIA _____

1. After surgery, go home and relax. Take your medications as directed. You may expect minor bruising around your eyes that may last 1-2 weeks.
2. Patient is not to turn neck from side to side, but is to move shoulders and neck as one unit. Avoid yawning, smiling is okay.
3. Patient is not to have a pillow behind head, but is to use a small pillow or towel rolled up and placed behind the neck. **The chin angle should be greater than 90 degrees.** Patient is not to eat in bed, but may eat from a coffee table with one elbow on the knee.
4. Diet: Liquid or soft diet with small bites for 10 days.
5. Bathroom privileges with assistance.
6. Ice filled gloves or frozen bag of peas covered with a towel to eyelids and crow's feet areas continuously except while eating. Patient is to lie flat to reduce swelling to the lower eyelids.
7. Send patient to 1st postoperative appointment with ice gloves or frozen bag of peas covered with a thin towel.
8. Empty Jackson-Pratt plastic bulb drains at 12:00 midnight and at 8:00 AM. Note amount of drainage and restart bulb suction.
9. Shampoo hair **daily** for two weeks beginning on the 3rd postoperative day using your regular shampoo. It is not necessary to use the Betadine shampoo after surgery, unless instructed to do so. Water may run over the incision sites, including the eyes.
10. If patient had dermabrasion of the upper or lower lip apply bacitracin ointment on lips or dermabraded area at least four times daily.
11. No driving for 10 days after the operation.
12. Postoperative follow-up appointments will be on days 1, 3, 5, 7 or 8, and 9 or 10 following the surgery.
13. No hair tinting for one month after your surgery.
14. Avoid strenuous activity or getting overheated. NO SMOKING or exposure to second hand smoke.
15. After a face lift, you must apply sunscreen for at least 6 months when outside.
16. If excess bleeding, fever, difficulty breathing, or any other distressing problem develops, call the doctor immediately.
17. **Copy of these discharge instructions is to be given to patient by post-op care nurse.**
18. Post-op nurse for the 1st night, **Must** call Dr. Sundine at 9 PM to update progress of the patient.
19. If you wear eyeglasses, remove one ear piece to prevent any compromise to the blood supply of the skin flaps.

20. OTHER

For any postoperative problems telephone:

Dr. Sundine

949-677-5845 (cell)
949-706-3100 (office)

Michael J. Sundine, M.D.

Responsible person taking patient
from the surgery center

Responsible person taking
patient from Nurse