

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

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**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 will be given a prescription for pain medication (generally Vicodin), 24 hours of antibiotics (generally Keflex), and antinausea medication (Zofran). 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. Avoid chewing gum.
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. Remove area rugs. Keep floors clear.
6. Ice filled gloves or frozen bag of peas covered with a towel to eyelids and crow's feet areas for 20 minutes every hour while awake.
7. Send patient to 1<sup>st</sup> 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 after the drain is removed and continue shampooing as per patient's usual routine. You may use conditioner. 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. You may gently blow dry the hair with low heat.
10. If patient had dermabrasion of the upper or lower lip apply bacitracin ointment on lips or treated area at least four times daily until the area is completely healed.
11. Make sure that you do not become constipated from the pain medications. Take Colace (docusate sodium) twice daily-this is an over the counter medication.
12. No driving for 10 days after the operation.
13. Immediate postoperative follow-up appointments will generally be on days 1, 3, 5, 7 or 8, and 9 or 10 following the surgery.
14. No hair tinting for three weeks after your surgery.
15. Avoid strenuous activity or getting overheated. Patient may begin short walks on postoperative day 1 following the surgery. NO SMOKING or exposure to second hand smoke.
16. After a face lift, you must apply sunscreen for at least 6 months when outside.
17. If excess bleeding, fever, excess swelling, difficulty breathing, or any other distressing problem develops, call the doctor immediately.

- 18. **A copy of these discharge instructions is to be given to patient by post-op care nurse.**
- 19. Post-op nurse for the 1<sup>st</sup> night **must call Dr. Sundine at 9 PM** to update progress of the patient.
- 20. If you wear eyeglasses, remove one ear piece to prevent any compromise to the blood supply of the skin flaps.
- 21. **OTHER**

**For any postoperative problems telephone:**

**Dr. Sundine**

**949-706-3100 (cell)**

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**Michael J. Sundine, M.D.**

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**Responsible person taking patient  
from the surgery center**

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**Responsible person taking  
patient from Nurse**