Discharge Instructions – Rhytidoplasty/Facelift Surgery

Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!

WHAT TO EXPECT FOLLOWING SURGERY:

• **Bleeding** - Blood on the dressings, or oozing of blood is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor On Call, as noted below.
• **Bruising on the eyelids, face, neck and chest, puffiness or fullness around the eyes, mild incisional pain or discomfort, headache, and disrupted sleep** are normal for the first week and are an expected part of the healing process. This will improve after the sutures are removed in clinic about one week following surgery.

INCISION CARE:

• **Good post-operative incision care on your part is essential to a successful outcome!**
• **Instructions:**
  • Clean incision sites twice a day with dilute hydrogen peroxide solution on a Q-tip and apply antibacterial ointment with a Q-tip twice a day for one week.
  • You may shower daily, beginning the day after surgery.
  • Avoid makeup on the incision sites until 24 hours after the sutures are removed.

ACTIVITY:

• **Minimize your activities** with only light activity for the first week following surgery.
  • Listen to your body! If you feel tired over the first few days, you should rest.
• **No stooping, straining or heavy lifting > 2 bags of groceries.**
• **Sneeze with your mouth open.**
• **Sleeping with your head elevated** (ideally), but if you’re unable to sleep, then you may lie flat.
• **If you have been prescribed a CPAP machine, DO NOT USE** until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

MEDICATIONS:

• **Resume your home medications.**
• **Do not take any aspirin containing products or blood thinners** (Goody’s, BC Powder, Ibuprofen, Aspirin) until told to by your surgeon.
• **Do not take any intranasal medicines** until told to by your surgeon.
• **Pain:**
  • **Mild to moderate pain**: Over the counter Tylenol (Acetaminophen) as per the instructions on the bottle; narcotic pain medication should be used for break-through pain only, as it can cause nausea, dizziness, constipation.
  • **Severe pain**: Call the nurse for instructions; severe pain is unusual.
    • **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE.**
**DRIVING:**
- Do not drive within 24 hours of receiving anesthesia or taking pain medication.
- Do not drive if your vision is not normal.
- DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.

**DIET:**
- Resume a healthy, balanced, normal diet as you feel up to it.

**FOLLOW UP:**
- You will have important follow-up appointments; these will be scheduled for you (and provided to you before your surgery date).
- If you do not have an appointment please call the numbers below to schedule a visit.

**POST-OP APPOINTMENTS:**
- Dr. William Shockley call Phyllis at 919.843.3644
- Dr. Madison Clark call Carla at 984.974.2127

**CLINICAL APPOINTMENTS:**
- Dr. William Shockley call Sonia at 919.843.2749
- Dr. Madison Clark call Windy at 984.974.2255

**CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:**
- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the incisions

- For Immediate Assistance call:
  - Regular Hours - 984.974.3409 (Triage Nurse)
  - After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)

- To leave a voicemail for your surgeon’s nurse call:
  - Dr. William Shockley - 984.974.3520 (Elaine)
  - Dr. Madison Clark - 984.974.3633 (Amber)