



MAYBERRY
PLASTIC SURGERY
Center for Surgical Artistry

Facelift Post Op Instructions

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24 Hour Follow Up Appointment: _____

1 Week Follow Up Appointment: _____

We recommend that you and your family read and follow instructions so that you may become thoroughly familiar with them.

SWELLING: Every operation, no matter how minor, is accompanied by swelling of the surrounding tissues. The amount varies from person to person, but it always seems more in the face since there is looseness of the tissues and because even a small amount makes the features appear distorted. Sometimes the swelling becomes a little greater on the second day after your operation. It may become more pronounced along the jaw line and is generally worse when your first a rise in the morning (proof that it is better to stay elevated as much as possible). The swelling itself is not serious and is not an indication that something is going wrong with your operation.

DISCOLORATION: It is not unusual to have varying amounts of discoloration about the face. Like the swelling, it may become more pronounced, especially in the neck, after the first day or so, but remember this is temporary. It usually lasts not more than two weeks, all the while decreasing the intensity. The measures previously described that help the swelling to subside will also help the discoloration. There is no medication which will cause it to disappear rapidly, only "time." You can camouflage the discoloration to some extent by using make up. Do not apply make-up over the incisions themselves for several days after the sutures have been removed; however, you can bring it up to the line of the incisions.

PAIN: There is usually pain following a facelift, but you may experience a deep bruised sensation as a result of the swelling, and the face may seem heavy and tight. This is usually the case with such things, it seems worse at night and when one becomes nervous. Under no circumstances should you take any aspirin, ibuprofen, or medications containing aspirin, salicylates, or ibuprofen without consulting Dr. Mayberry. Be sure to check the labels of any pain medications you already have or any you purchase from the drug store. Unfortunately, the usually prescribed pain killers often cause sensations of light headedness, particularly in the immediate post-operative period, and, consequently, seem to make recovery tedious. If the pain is severe, notify our office and a stronger medication can be prescribed for you.

REMOVAL OF DRESSING: A pressure dressing will be applied before you leave the operating room: it is to remain in place until the following morning when you return to our office. You should be as quiet as possible during this time: therefore, a great deal of talking and having too many visitors are discouraged. If your dressing begins to feel excessively tight or uncomfortable, please call the office. Do not remove the head wrap for any reason.

ELEVATE HEAD OF BED: To help minimize swelling, the head of the bed should be elevated 30-40 degrees both while you are in the hospital and when you go home. We recommend to sleep in a recliner when you return home.

MEDICATIONS: An antibiotic is prescribed for you and you are to start it the night before surgery if you are having the procedure in the office. If you are scheduled at the surgery center/hospital you will start your antibiotic after surgery.



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GETTING OUT OF BED: We recommended you remain in bed during the first 12 hours following surgery. After that you may sit in a chair, walk to the bathroom, or around the room.

STOOL: Avoid straining at the stool. You may use an over the counter stool softener.

AFTER SURGERY: If you live out of the area, we prefer you to stay in town at a hotel, motel, or with a friend beginning the morning after surgery. You should plan to stay in the area for 2-3 days after surgery. You will return to the office for a 24 hour follow up appointment, and a one week follow up appointment to have your sutures removed.

SWELLING: As previously explained, your face and neck will remain swollen with varying amounts of discoloration for several days. The main thing to remember is that such swelling eventually subsides: you can help in several ways:

- **STAY UP** (sitting, standing, walking around) as much as possible on your first post operative day. Of course you should rest when you are tired.
- **AVOID BENDING OVER OR LIFTING** heavy things for two weeks. Besides aggravating swelling, this may increase your blood pressure and may cause bleeding.
- **AVOID HITTING OR BUMPING YOUR HEAD, FACE, AND NECK.** It is wise not to pick up small children and you should sleep alone for one week after your operation.
- **SLEEP WITH THE HEAD OF THE BED ELEVATED** for 1-2 weeks after your operation. Use 2-3 pillows and elevate head, use books (or pillows) under your knees to elevate your legs. Try not to roll on your face; this tends to tear down the supporting stitches used under the skin of your face. It is necessary that you sleep on your back for 2 weeks. Some patients find a reclining chair placed at a 45 degree angle to be more comfortable.
- **SUPPORT THE SWOLLEN TISSUES** with a facial compression garment applied according to the directions given to you. Wear it constantly for two weeks, starting the day of your surgery; then it should be worn at night during sleep for another two weeks. It is beneficial to wear the compression garment during the day when you are alone during the first 30 day period.
- **AVOID EXCESSIVE SUNNING** of the face for one month, ordinary exposure is not harmful. After healing has occurred wear sunscreen at least SPF 30-50 at all times.

BLEEDING: If significant bleeding occurs (not just a few drops on the gauze) call the office immediately. If the bleeding has not subsided within 10 minutes of holding pressure report it to us immediately. You will probably be told to return to the office.

TEMPERATURE: Generally, the body temperature does not rise much above 100 degrees following a facelift: this rise is due to the healing process. Patients will often think they have an increased temperature because they feel warm, but in reality, they do not. To be sure, you should measure your temperature by mouth. Report any persistent temperature about 101 degrees F.



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WEAKNESS: It is not unusual after a person has anesthetic or any type of operation for them to feel weak, have palpitations, break out in "cold sweats", or get dizzy. This generally clears up after a few days without medication.

INSOMNIA: Where there is too much difficulty in sleeping during the post-operative period, we may infrequently prescribe a sedative. Keep in mind that such drugs also tend to make some people feel light-headed and weak and should be taken only if needed.

DEPRESSION: It is no unusual for an individual to go through a period of mild depression after cosmetic surgery because, no matter how much they wanted the operation beforehand and how much they were told about what to expect post-operatively, they are shocked when they see their face swollen and perhaps, discolored. Be realistic and realize that this is a very temporary condition which will subside shortly. The best "treatment" consists of knowing that this both is a necessary and temporary phase of your wound healing process and it will get much better.

NUMBNESS: Parts of the face, neck, and ears sometimes feel weak or "numb" after a facelift operation, but this is usually temporary.

TIGHTNESS OF THE FACE: The skin of the face may feel tight for a while, this will disappear within a few weeks.

THINNING OF THE HAIR: There may be transient thinning of the hair in areas adjacent to the suture lines in the temple and behind the ear.

IF YOU INJURE YOUR FACE: Many individuals sustain accidental hits on the face during the early post operative period. Usually there is no need to be too concerned, unless the blow is hard or if bleeding or considerable swelling occurs. Report the incident at the next office visit or call our office if you are sufficiently concerned.

Resume Activities:

- Eye glasses may be worn as soon as the bandages are removed. Contact lenses may be inserted the day after your surgery.
- You may wash your hair with luke-warm water in the shower and comb it out with a large toothed comb on the second day after surgery.
- You may have your hair washed at a salon two weeks after your surgery, but do not use the usual type heat hair dryer, use a hand held blow dryer on low and cool settings. Be careful not to rest your neck on the rim of the wash bowl in the area of the incisions.
- Hair coloring should be delayed until six weeks after your surgery.
- Use cotton balls to wash your face gently with a mild soap (ivory, Neutrogena) twice daily after the first week, use a gentle upward motion. Do not use an antibacterial soap.
- You may take a shower by the second post-operative day, unless you have well water you will need to purchase bottled water. Do not shower on the day you have sutures removed.
- Do not tweeze your eyebrows for one week.
- You may wear a wig regularly if you wish after surgery as long as it does not fit directly over the stitches.



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HOUSEHOLD ACTIVITIES: You may be up and around the house with your usual activities except those specifically outlined previously.

PULL OVER CLOTHING: You should wear clothing that fastens either in the front or at the back rather than the type that must be pulled over the head for a week. You can also wear a wide neck shirt.

ATHLETICS: No swimming, strenuous athletic activity or exercises that involve turning your head for 4-6 weeks.

KEEPING A "STIFF" FACE AND NECK: You should not move the face and neck excessively until the skin heals to the underlying tissues.

- Avoid excessive grinning and smiling.
- Don't turn your head without turning your the neck and shoulders as one unit, when you must turn, do as if you had a "crick" in it the neck, for 2 weeks.
- Don't bend the head forward or extend the neck backward for the same period.

RETURNING TO WOK AND RESUMING SOCIAL ACTIVITIES: When you should return to work depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop. The average patient may return to work or go out socially 2-3 weeks after surgery when these factors are minimal- you will have to play this by year! Do not drive for 2 weeks.

YOUR SCARS: After all stitches have been removed, the scars will appear a deep pink color. There will be varying amounts of swelling in and around the scars themselves. With the passage of time, the pink and firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing. It takes approximately one year for these changes to occur in most scars.

DAILY CARE:

- Apply a small amount of Bacitracin Ointment to the suture lines around the front and back of the ear using a Q-tip.
- The second day after surgery let warm water run through while showering. Four days after surgery you may use Johnson's Baby Shampoo or a hypoallergenic soap. Gently pat areas dry with a soft towel.
- Call our office if any excessive bleeding that persists after pressure for 10 minutes.
- Call our office if there are any signs of infection such as excessive swelling, redness, or drainage.
- Avoid taken medications on an empty stomach.
- Do not wash your hair the day of suture/staples (if used) are removed. Wash it the following day, using baby shampoo only.
- Do not apply scar creams or ointments on the incision, unless directed by Dr. Mayberry.



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INSTRUCTIONS:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Take medication as prescribed. Do not take aspirin or any products containing aspirin until approved by Dr. Mayberry.
- Do not drink alcohol when taking pain medications.
- if you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

FOLLOW UP CARE:

- You will return to the office the day after your surgery. If you do not have this scheduled, please contact our office.
- After a few days, you will return to have the skin sutures removed and the progress of your healing will be checked.
- All sutures will be removed within two weeks from the day of your surgery. During this interim, do not disturb them yourself. Occasionally crusting will occur around the sutures; we will soften and remove some during your office visit.

FINALLY: When the bandages are first removed, the face will appear swollen and there will be varying amount of discoloration. This swelling will subside to a very large extent within two weeks; however, it will take 6 weeks for all the swelling to disappear and for your face to reach it final contour. The discoloration will gradually disappear over a period of 10-14 days in most cases. We have yet to encounter a case where it persisted permanently.

CALL OUR OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater
- Sudden swelling, redness, bleeding, discoloration and/or foul drainage from the incision site
- Persistent nausea and/ or vomiting
- Pain not relieved with pain medication
- Development of any drug reaction or any other concerns

Most of all, be patient during the healing process.

OFFICE TELEPHONE AND AFTER HOURS ANSWERING SERVICE- 505.888.3844 or 505.857.3933

I HAVE READ THIS DOCUMENT AND IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____