

PLASTIC SURGICAL ARTS

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MINI FACELIFT POST OPERATIVE CARE

WHAT YOU CAN EXPECT:

- Moderate discomfort-use pain medication as needed or Ibuprofen / Tylenol as directed.
- Moderate swelling.
- Black and blue discoloration.

PAIN CONTROL:

- Take your pain medication, as instructed, until your pain lessens.
- Always take your medication with food in your stomach.
- Do not drive or operate equipment while on your pain medication.
- Do not drink alcohol while taking prescribed pain medications.
- Someone needs to stay with you the first night home after surgery.
- **No hot or warm compresses.** The skin doesn't have normal sensation and you can burn yourself without knowing it.
- Narcotic pain medication can cause significant issues with constipation. Please start using a stool softener the day before surgery and daily there after until normal bowel function returns.

DRESSING CARE:

- Your dressings may consist of a compression bandage that is loosely applied to the head and face to reduce swelling and bruising.
- The day following your surgery, you may remove all dressings and shower, being careful not to remove the drainage tubes.
- Leave any Steri-strips placed over your incision on or until removed by your physician or instructed by your physician to remove.

CONTACT YOUR PHYSICIAN (402.483.2572) IF ANY OF THE FOLLOWING OCCUR:

- A temperature greater than 101 degrees F.
- Redness, swelling around the incision site.
- Excessive tightness or swelling
- Discoloration of the skin other than normal bruising.
- Large amounts of drainage.
- Severe pain not responding to pain medications.
- Persistent, profuse bleeding or drainage.
- If any other question or problem arise.

OTHER POST-OPERATIVE INSTRUCTIONS:

- After 24 hours, you may begin to shower.
- Normal activity can be gradually resumed after a week. You may resume exercise after 4 weeks.
- Avoid sun exposure to new incision areas. These areas are very sensitive to sunlight and can be easily burned for up to a year following surgery. We recommend sunscreen to all healed incisions.

ACTIVITY:

- Avoid smoking for at least 3 weeks before and after surgery. Nicotine constricts the small blood vessels needed to heal your abdominal wound and could lead to infection and skin loss.
- Avoid sports and strenuous activities for 4 weeks at least.