



KONSTANTIN vasyukevich<sup>m.d.</sup>

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## POSTOPERATIVE INSTRUCTIONS: faceLift

### first day.

Once you get home you should start taking pain medications and antibiotics as prescribed by Dr. Konstantin. Pain medication taken on an empty stomach can make you nauseous, so try to eat something before you take it. REMEMBER to avoid Motrin, Ibuprofen, Advil, and Aspirin for one week after the procedure. Do not change or remove the postoperative dressing. Sleeping on two or three pillows with your head elevated above the level of the heart will help to reduce postoperative swelling. We do not recommend using ice after facelift surgery.

### second day.

Next day after the procedure Dr. Konstantin or his assistant will change the dressing and put Bacitracin ointment over the incisions. You do not have to remove this dressing until the next morning. Continue using pain medications as needed. We recommend sleeping on your back with your head elevated for the next 1-2 weeks.

### three to seven days.

You can remove the dressing and clean the incision lines with wet gauze. Apply Bacitracin ointment to incisions 3-4 times daily and replace the support dressing. You can take shower and wash your face. Try to avoid coffee, hot or spicy food and cigarette smoke for the next three to four days. At this point postoperative swelling will start gradually subsiding. You may go on with your normal daily activities and gradually resume your normal diet. Avoid running, strenuous exercise, or bending down. Continue using support dressing as much as you can during the day and always use it at night. Do not apply the dressing too tight as it will cause prolonged facial swelling.

### day seven.

Dr. Konstantin or his staff will remove sutures in the office. You may resume your normal activities including moderate exercise. Avoid contact sports and very strenuous exercise for another two to three months. Continue wearing support dressing at night for another four weeks.

### two month.

Follow up visit will be scheduled in Dr. Konstantin's office.