



MARK GITTOS | PLASTIC SURGERY

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## FACELIFT POST OP INSTRUCTIONS

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### GOING HOME

- Ensure you have your scripts and medications with you
- Organise a friend or family member to pick you up from the hospital and stay with you for the first 24 hours
- Organise where you are going to sleep at home (bed/recliner), prepare a pillow for each side of your body and a few for sleeping on your back
- Arrange to have light meals post- surgery as anaesthetics can cause nausea
- Drink lots of water post- surgery
- Bring some comfortable loose clothing with you to the hospital.

### SURGICAL GARMENT

- You will wake up after surgery with your surgical face garment on.
- You will be required to wear the garment full-time (day & night) for the first 6 weeks
- At 6 weeks you may wear the garment during the day only and at night if comfortable
- You will be wearing compression socks from the hospital, keep these on for 3 days or until you are walking comfortably

### MEDICATION

- At the hospital you will be given a script and instructions for pain management by the anaesthetist
- You also may or may not be given antibiotics by the anaesthetist to be taken over the next 5 days (take as per the instructions)
- You may take Panadol (Paracetamol) every 4-6 hours
- Only take medication that is prescribed
- Constipation is very common due to the pain medication and anaesthesia. Please use an over the counter or any laxative that has worked for you in the past. You may start taking something 2-3 days post-surgery
- Do not consume any alcohol while taking the medications

### WHAT TO EXPECT

- You will have a snug dressing wrapped around your head, covering your ears which will keep them in place until you see Dr Gittos.
- At your first appointment, Dr Gittos will remove the dressing. You will notice bruising and swelling which is normal.
- Bruising may persist for 2 weeks after surgery and swelling for 6 weeks
- It may take 6-9 months to see the final result from your facelift procedure

## **INCISION/WOUND CARE**

- Once the bulky dressing is removed, you will be able to shower over the incisions and apply topical ointment along the incision line 3 times per day.
- You will be given a neck support garment that needs to be worn full time for the first 3 weeks and then at night time only for 6 weeks.
- Post shower gently pat dry dressings dry
- Do not soak in a bath or go swimming

## **ACTIVITIES**

- The first 48 hours: You should relax at home ensure that you have an adult with you that can help during this time
- Sleeping: Sleep on your back with your head and back supported on 2-3 pillows for the first 2 weeks and a pillow on each side
- Lifting; Absolutely no bending, lifting, straining for 2 weeks post-surgery.
- Walking: We encourage you to start walking around at home to start with as soon as possible to minimise the risk of blood clots
- Normal activities: Ease back into normal activities – most women can return to work after 2-3 weeks.
- Driving; You can drive after 7 days provided you are no longer taking strong pain medications
- Smoking : You must not smoke for the first 6 weeks, doing this could lead to wound problems, poor scarring and an increased rate of capsular contraction

## **POST SURGERY APPOINTMENTS**

- You will need to see Dr Gittos or his nurse in his rooms 1 week after surgery to have your dressings changed and check the progression of healing
- Please make this appointment when confirming your surgery date with Petrina or Ita on 529 5352

## **WHEN TO CALL US**

- If you experience any of the following symptoms you should contact us promptly
- Constant severe pain
- Skin of breast is red and feels hot to touch
- Bleeding or constant oozing from the wounds
- Fever