



Lam Facial Plastics Surgery Center

Discharge Instructions – Facelift

It is normal to have jaw or temple tightness following a facelift. To promote comfort, avoid opening your mouth too wide and eat only soft foods for the first week or so. It is also normal to have numbness around the incision sites.

Follow the instructions below and reach out to our office with any questions or concerns.

- **If you develop a hard lump that continues to grow to the size of an egg on either side of your neck, please contact Dr. Lam immediately.**
- If a head bandage/wrap is applied during surgery, **do not remove** it. If it becomes bloody, you can reinforce it by adding extra gauze and tape them into place.
- It is important that patients stay within a 30 minute drive of the office on the first night of surgery should complications arise.
- There will be drains coming from your incision sites behind your ears. These will drain bright red blood into the attached compressed bulbs. Do not pull at the drains as they are sutured into place but can still become dislodged. Always keep the bulbs compressed and sealed. Usually they must be emptied twice daily but can be emptied more frequently if needed. Keep a record of the amount of blood you empty from each bulb. See the attached form on JP drain care.
- Keep your head elevated, even at night, for 2 days following your procedure to reduce swelling. We recommend using at least two pillows while lying in bed. Some patients find it more comfortable to sleep in a recliner with a travel pillow. Either method is appropriate.
- Apply ice to the surgery site for 2 days following your surgery. You will apply the ice for 20 minutes to the site and then remove the ice for at least 20 minutes during the hours that you are awake. Never apply ice directly to the skin or leave on for longer than 20 minutes.
- You may shower and wash your hair 24 hours after surgery once Dr. Lam has removed the head wrap. Be very gentle washing and drying around your ears. Make sure the drains stay clipped to the lanyard around your neck. You may get the bulbs wet, but make sure the cap is sealed.
- Clean the incisions daily with a mild cleanser such as Cetaphil starting 24 hours after your procedure. Do not allow the shower spray to hit your incisions directly but rather let the water run down to rinse away the cleanser.
- Always with clean, freshly washed hands and a new Q-tip for each area, apply a thin smear of antibiotic ointment to the incisions twice daily for one week only.
- **It is very important that you avoid turning or extending/flexing you neck for the first 2 weeks.**
- Avoid strenuous activity (such as lifting or exercising) for the next 2 weeks. Light walking for exercise is permitted.
- **No driving for the first two weeks or until Dr. Lam authorizes.**
- Males should not shave at all for the first 2 weeks after surgery. From weeks 2 through 4, you may shave with an electric razor only. Be very cautious around your incisions.

- No swimming for the next 3 months to avoid infection.
- Do not cut or pull at suture strings as you could cause your incisions to open.
- No smoking for 2 months before or after your procedure.
- **Do not** take Aspirin, Advil, Aleve or other blood thinning products for one week after your procedure to reduce bleeding and bruising.
- **Do not** drink alcohol for one week after your procedure as this can also cause bleeding.
- **If you notice yellow/green drainage, pus filled bumps, fever over 100.4, severe pain or bleeding that isn't controlled with 5 minutes of light pressure, please notify our office immediately.**

If you have any questions or concerns, please call Dr. Lam at:

Monday – Friday, 8:30am – 4:30pm

Office: 972-312-8188

After Hours

Answering Service: 972-280-7461

Patient Signature: _____ Date & Time: _____

Witness Signature: _____ Date & Time: _____