

Augusta Plastic Surgery Associates
Dr. Chris Ewart
Facelift Post-Operative Instructions

Activity: For the first 24 hours, rest is absolutely necessary. Sleep in a recliner if possible or with your head elevated on several pillows. **You will need to move** about the house to promote circulation in your legs, for example, getting up to go to the restroom or kitchen. **Do not** attempt any housework or other activity. Refrain from turning your neck, repetitive jaw movement, or chewing gum. Soft food is recommended for the first 2-3 days.

Dressings: A facial garment is placed over your head immediately after the procedure. This is to absorb drainage, decrease swelling and to allow the skin to re-adhere properly. You are not required to do anything to this dressing. This will be removed at your first post-operative visit.

Drains: Sometimes drains are placed under the skin to collect fluid that would otherwise cause pain and swelling. The color of fluid collected will range from bloody red to yellow tinged. Your only responsibility will be to empty and record your drainage and report to your nurse. You will need to report drainage amounts as a 24 hour total for each drain. These drains are connected to a plastic bulb which generates suction. The drainage bulb should be compressed from the sides and capped in order to provide suction correctly.

Showering: You will be allowed to shower after the first post op visit. You should sponge bathe until then.

Postoperative Office Visits: You should come to our main office, not to the surgery center for your appointment. You will be given a date for your first post-op visit on the day of surgery. Dr. Ewart will then inform you of your next follow-up appointment.

Driving: This should not be resumed until it is comfortable to move your head without any restrictions from pain or swelling. It is also not permitted as long as you are taking **ANY** prescription pain medications.

Complications: Please contact our office immediately if you notice any bright red drainage on your dressing that continues to spread. Although the dressing you leave our office with may have some drainage on it already, we will need to know if any additional bleeding occurs. Swelling is to be expected but if the swelling continues to a point of discomfort or breathing difficulties, please contact our office.

Exercise: During the first postoperative week, activity should be kept to a minimum. Always keep your head elevated, **do not** bend over, even just to brush your teeth. Over the following weeks exercise may be gradually increased when advised by Dr. Ewart.

However, strenuous activity should be avoided as it may increase facial swelling and compromise the final result.

Not all patients heal alike. If you have any questions or concerns during your recovery, please contact the office at 706-724-5611.