



MFAS

MICHIGAN FACIAL AESTHETIC SURGEONS

Look
as Good
as
You Feel

GENERAL POST OP GUIDELINES

In almost every case the post operative course is very smooth. We take great strides to prepare you ahead of time for what to expect and provide the best post-operative regimen for ease of recovery. If you have excessive pain, bleeding or a fever of 101 or greater orally, call the office at (248) 415-0210. If you need assistance reach out to our on-call physician by using our pager system. Call (313) 436-2848 press 0023 then enter your callback phone number. Use 2-3 pillows to keep your head elevated at least 30-45 degrees at all times. Do not bend over or lift anything over ten pounds.

DRESSINGS: Keep your dressings as clean and dry as possible. Do not remove them unless instructed to do so.

ACTIVITY: Take it easy and pamper yourself. We want you to avoid straining and aerobic activity for at least 3 weeks after surgery or until specifically okay-ed by your physician. This will help decrease unnecessary bleeding, bruising or swelling. Your surgeon will let you know when to resume strenuous exercise or activity as the time may vary with procedures.

LEG EXERCISES: Begin doing leg exercises as soon as you begin to recover from anesthesia. Point and ex your toes 5-10 times every hour.

COOLING: Use cold compresses continuously during waking hours. The nurses will show you exactly how to fold your gauzes into "sunglasses" which are placed over the face and eyes.

DIET: If you are free from nausea and vomiting, return to a normal diet as tolerated. It is advisable to start with foods that are light such as soups or broth or Jello. If you remain free of nausea, you may progress your diet accordingly.

SMOKING: Smoking reduces circulation to the skin, and impeding the healing process. Therefore, we ask that you not smoke for at least 10 days after surgery, especially after a facelift.

ALCOHOL: Alcohol dilates the blood vessels and thereby may increase post-operative bleeding. Refrain from alcohol for one week before and two weeks after your operation. Most importantly, the combination of alcohol and prescription pain medication can be very dangerous. We ask that you do not drink while taking pain medication.

DRIVING: Please do not operate complex or dangerous machinery for at least 24 hours after general anesthesia or intravenous sedation or while taking prescription pain pills. If your vision or movement is restricted at all by dressings or pain, please do not drive. We recommend having someone drive you for your first post op visit.

LEGAL DECISIONS: Do not make any important decisions for at least 24 hours after surgery.

The above instructions have been explained and I understand the contents of this post-operative instruction sheet.

Patient Signature

Date