

Facelift Surgery Discharge Instructions
Dr. Michele Shermak
The Plastic Surgery Center of Maryland



Diet

- May resume a regular diet.
- A diet low in fat and high in protein enables proper wound healing. In addition, consuming a diet rich in vitamins and minerals is also beneficial. Avoid salty foods that will make you puffy. Consider taking a multivitamin.
- Drink plenty of fluids. Dehydration and dizziness is common. This could be easily avoided by consuming fluids.

Activity

- Keep your head elevated at all times. Sleep on 2 or 3 pillows at night. Do not bend over.
- No strenuous activity for 4 weeks. No bending or lifting >5lbs. for 2 weeks.
- Walking encouraged. This is an important step in preventing blood clots in the legs which is a serious condition.
- You may return to gym within 4 weeks.

Washing

- You may gently wash face the day after surgery with mild, soapy water – Dove soap is recommended. You may then cleanse face daily. Cleanse and apply Aquaphor more frequently if dermabrasion was performed.

Dressings/Wound Care

- Remove dressings 2 days after seen in the office in the morning, and then leave the dressings off. You may then shower. Be cautious about hair dryers and combs – only finger comb for the first week or two to avoid injury to the incision line.
- Keep the incisions clean and cover with a small amount of Aquaphor ointment twice a day.
- If a drainage tube is in place, you will need to milk it and record outputs twice a day.

Medications

- *Pain Medication:* You will have a narcotic (Tylox, Oxycodone, or Dilaudid) to help with pain relief. You can take 1-2 pills every 4-6 hours as you need for pain relief. In addition, you may have been given a prescription for Ibuprofen or Motrin. It is important to take this medication around the clock and with food. This will help with pain and swelling. If you have extreme pain, call the office immediately.
- *Antibiotic:* You will take an antibiotic (Bactrim or Levaquin) for 2 weeks.
- *Antiviral:* Valtrex will be taken twice a day for facial fat injections and dermabrasion.
- A stool softener (Colace) is recommended while taking narcotics to treat constipation.
- If you take any medications that may affect your bleeding (Coumadin, Lovenox, Plavix, Aspirin, Naprosyn, Anti-Inflammatory medications, and etc.) please discuss the appropriate time to resume taking this medication with Dr. Shermak.

Follow-Up

- The first appointment will take place within a week of surgery. Please call 410-616-3000 with any questions.

What to Watch For and When to Call

- You can call our office at any time to speak with Ann or Dr. Shermak if you have questions or concerns at 410-616-3000. In addition, you can reach Dr. Shermak by email at shermakmd@gmail.com. **(Please do not use email for emergencies.)**
- Call if you develop a fever >101.5 degrees Fahrenheit, you note increased redness or purulent drainage at or around the incision.
- Call if you notice asymmetry in swelling in a side or area of any incision or if you note skin changes (such as the color or texture of the skin).
- Call if you develop a skin rash all over your body as this may be an allergic reaction to one of your medications.
- Call if you develop unilateral calf or arm pain/swelling. This could be a sign of a serious condition.
- Call immediately if you begin to bleed moderately or heavily from your incisions, you develop chest pain, or develop shortness of breath.

Thank you for choosing Dr. Shermak as your plastic surgeon. We look forward to continuing to care for you. Get plenty of rest and best wishes for a speedy recovery!