

ORANGE COUNTY PLASTIC SURGERY
4501 Birch Street
Newport Beach, CA 92660
949-888-9700

POST-OPERATIVE INSTRUCTIONS FOR RHYTIDECTOMY (FACE-LIFT)

On your day of surgery, you can expect to feel sleepy and you may experience discomfort, this may continue to the following day. For this reason, it is imperative that a responsible adult spend the first 48 hours at home with you.

You may have two drains in place which will probably be removed by your surgeon on your first post-op visit. Instructions for care of your drains will be dispensed separately. Oozing and drainage from your incisions is to be expected. We recommend that you use the absorbent disposable pads we give you to cover your pillow for the first few days in order to protect your linen. Some drainage and crusting is normal for at least a month after surgery. Please remember that no two sides ever heal alike after an operation.

In order to keep swelling and bruising to a minimum, it is especially important for you to rest and sleep with your head elevated on two or three pillows or in a recliner during the first week after surgery. Avoid any activity that causes you discomfort.

Ice is required to limit swelling and should be applied to your cheek and neck area during the first 48 hours post op.

Please take all medications as directed with food, until the prescription is completed. This will decrease nausea and vomiting. Some patients will continue to feel nauseous; this usually subsides over the first 24 hours. When taking any pain medication and if you are not hungry, use 2 tablespoons of instant oatmeal/cream of wheat/malt-o-meal and wait 20 minutes, then take medication.

Please do not take Aspirin, Advil, Motrin (Ibuprofen), Aleve or any other products containing these ingredients. Any medication should be cleared by Dr. Bunkis.

You may take Extra Strength Tylenol

You may take a sponge bath during the first 24-48 hours. You may then shower and wash your hair, but wash it very carefully in the areas around the incisions and the drains.

There are no dietary restrictions post-operatively if an incision inside the mouth was not necessary. If an intra oral incision was necessary, you must stick with a clear fluid diet for 4- 5 days. However, you are cautioned to avoid alcoholic beverages while taking any medication for pain, sleep or tranquilization.

You may resume driving 48 hours after your last pain pill but only if you feel comfortable and physically able to do so.

You are encouraged to call the office with any questions.

If you have any questions or concerns please call the office at (949) 888-9700, after hours call Dr. Bunkis cell at 949-413-8888.

() BY CHECKING THIS BOX I, OR MY CARETAKER, ACKNOWLEDGES THAT I

HAVE RECEIVED AFTER CARE INSTRUCTIONS AND THEY HAVE BEEN FULLY EXPLAINED TO ME.

			
_____ Patient or Caretaker Signature Time	_____ Date/Time	_____ Physicians Signature	_____ Date/
PATIENT COPY			

IN CASE OF AN EMERGENCY DIAL 911

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**Patient or Caretaker Signature
Time**

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Physicians Signature

Date/

PHYSICIAN COPY

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