

Patient Name:  
Date of Surgery:



### Facelift & Blepharoplasty Post-Op Instructions

- Keep ice-soaked gauze on the eyes for the first 48 hours. Change the gauze every 10 minutes to 20 minutes for first day.
- Keep head elevated, sleep sitting up either propped on 2 pillows or sleep in a recliner. This helps to reduce swelling.
- Do not shower for 3 days; you may take a bath. Do not have water hot and steamy. Do not get face wet.
- Wear sunglasses when outside.
- Make sure you drink plenty of fluids. While you are on pain medication you will tend to get constipated so take something to prevent this, including:
  - A. Colace – 100 mg twice a day
  - B. Metamucil
  - C. FiberCon
  - D. Miralax
- Take small walks in the house 8-10 times a day; this includes a walk to the kitchen or to the bathroom
- Change telfa dressing on nose prn when soiled; apply aquaphor liberally prior to application of new dressings
- Diet: clear liquids, progressing to bland diet for 24 hours as tolerated

Problems rarely occur following this procedure. However, if any of the following occur;

**-Temperature above 101.0 degrees**

**-Increased bleeding from incision site**

**-Increased pain**

**-Operation site redness**

**-Excessive Drainage**

Please call: **469-325-2073**

I acknowledge receiving the above instructions and understand the explanation of these instructions.

Patient: \_\_\_\_\_

Escort: \_\_\_\_\_

Nurse Signature: \_\_\_\_\_

Date: \_\_\_\_\_