

Discharge Instructions for Facelifts

Dr. Samuel Lam

(972) 312-8188 Monday-Friday, 9am-5pm

(214) 346-1388 Answering Service

SPECIFIC INSTRUCTIONS:

- Keep the head of your bed up (day and night) for 2 days following your surgery.
- Ice the surgery site for 2 days following your surgery, applying it for 20 minutes on and 20 off (at least) during hours that you are awake. NEVER apply ice directly to skin.
- There are drains coming from the incision sites. These will drain bright red blood into the attached bulbs. Do not pull at the drains as they are sutured. Keep the drains attached securely to your shirt or a lanyard around your neck. Keep the bulbs sealed except when emptying them. Empty the bulbs twice daily or as needed. Keep a record of the amount of blood you empty from each bulb. Please see the directions on how to “milk” your drainage tubes on reverse side of this page.
- Do not **remove** the head bandage - you may reinforce your head wrap with gauze if it becomes bloody.
- If you develop a hard lump that continues to grow to the size of an egg on either side of your neck, please contact Dr. Lam immediately.
- It is normal to have jaw or temple tightness following a facelift. To promote comfort, avoid opening your mouth too wide and eat only soft foods for the first week or so. Purchase plenty of soft foods prior to your surgery to have on hand for your recovery. **It is important that you avoid turning or extending/flexing your neck for the next two weeks.** It is normal to have areas of numbness around the incision sites.
- Begin to follow the suture site cleansing instructions **after** Dr. Lam has removed the head wrap. Wash your hands before caring for your incisions. Cleanse the suture sites (including the chin) with a clean Q-tip dipped in hydrogen peroxide. When dry, apply a thin smear of Mupirocin ointment to the suture site. Do this twice a day for 1 week only.
- You may shower and wash your hair after Dr. Lam has removed the head dressing. Be very gentle washing and drying around your ears. Clip the drains to an old bra or lanyard/ribbon around your neck while showering. Keep the bulb sealed. You may get the drains and bulb wet.
- Avoid strenuous activity (i.e. lifting or exercising) for the next 2 weeks. Exercise walking is permitted. NO swimming for the next 3 months to avoid infection.
- Males should NOT shave at all for the first 2 weeks after your surgery. After that, you must use an ELECTRIC RAZOR for an additional 2 weeks, being cautious around incisions.
- **No driving for the first two weeks or until Dr. Lam authorizes.**

Please return for your post-operative appointment as scheduled.

Patient Signature: _____ Date _____

Witness Signature: _____ Date _____

About Your Jackson-Pratt Drainage System

The Jackson-Pratt (JP) drain draws out fluid that collects under your incision after your surgery. It has a soft plastic bulb with a stopper and flexible tubing attached. One end of the tubing is placed into your surgical site and the other end will extend outside your body and will be attached to the bulb.

Caring for Your Jackson-Pratt Drain at Home:

Caring for your JP Drain at home will involve the following:

- 1) "Milking" the tubing to help move clots.
- 2) Emptying the drain 2 times a day and recording the amount on the JP drainage record. Make sure to measure and record the drainage of each bulb separately. Do not add them together.

Milking the tubing:

These steps will help you move clots through the tubing and keep the drainage flowing.

Milk the tubing before you open the stopper to empty and measure your drainage. You should also do this if you see fluid leaking around the insertion site.

- 1) Wash your hands thoroughly.
- 2) Look in the mirror at the tubing. This will help you see where your hands need to be.
- 3) Pinch the tubing close to where it goes into your skin between the thumb and forefinger of you hand. This will help to make sure that you're not tugging on the skin, which can be painful.
- 4) With the thumb and forefinger of your other hand, pinch the tubing right below your other fingers. Keeping your fingers pinched; slide them down the tubing, pushing any clots down toward the drainage bulb. You may want to use alcohol wipes to help you slide your fingers down the tubing.
- 5) Repeat steps 3 and 4 as necessary to push clots from the tubing into the bulb. If you are not able to move a clot into the bulb and there is little or no drainage in the bulb, call Dr. Lam's office.

Patient signature: _____ Date _____

Witness signature: _____ Date _____

