

NAME _____ CHART # _____ DATE _____

The Flowers Clinic
Robert S. Flowers, M.D.
677 Ala Moana Blvd, Suite 1011
Honolulu, HI 96813
(808) 521-1999

POST OPERATIVE FACELIFT INSTRUCTIONS

1. Nausea and/or perspiring are the first signs of fainting. If you experience this, immediately lie down with your head in a horizontal position with the rest of the body and elevate your feet. Failure to follow this rule could conceivably result in cardiac arrest or your heart stopping.
2. Rest with your head elevated on 4-5 pillows for 7-10 days.
3. When you eat or drink, do not suck and do not use a straw.
4. Drink only from a glass or a cup. A baby tumbler (one with a spout) is ideal.
5. Stay on a full liquid diet for 3 to 4 days post-operatively.
6. Do not chew, and talk as little as possible for days.
7. Take your medications as prescribed by the doctor.
8. Have someone assist you to the bathroom the first 24 hours after surgery.
9. Have someone assist you with eating if you cannot see.
10. Apply half-strength Betadine solution twice daily to lip abrasion area if present. Cleanse the area with hydrogen peroxide first.
11. Use Lacrilube drops in your eyes at night if you are unable to close your eyelids.
12. Do not use ice packs on your face.
13. Do not remove your bandages.
14. Do not lie on your cheeks.
15. Do not be alarmed if there is dried blood on your face or the coronal bandage. This is normal.
16. On your 1st post-operative day, we will shampoo your hair here at the clinic. After the 3rd post-operative day you may shower, letting the water rinse through your hair. However, ask the doctor when he feels it is advisable for you to wash your own hair.

17. On the 3rd post-operative day, we will remove the sutures in front of your ears. We will remove additional sutures on the 5th post-operative day. All other sutures should be removed by the 10th post-operative day.
18. You may drive after 1 week at your own risk but **ONLY IF YOU ARE OFF ALL PAIN MEDICATION** and if free of discomfort which may interfere with your ability to maintain control of your vehicle.
19. You may apply make-up to your face and eyelids any time after the first week.
20. Sunglasses are helpful, but be careful that the earpieces do not press on your skin beneath the level of the scars behind your ears.
21. Do not expose your skin to direct sun. Prior to going out in the sun, apply sun block with a Sun Protection Factor (SPF) of 20 or higher.

IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO ASK THE DOCTOR OR THE NURSE, AS THEY WILL BE MOST HAPPY TO ASSIST YOU.