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POST OPERATIVE CARE FOR FACELIFT

Upon leaving the hospital please follow the following instructions for your post operative care.

1. Please take all Medications as directed.
2. **DO NOT TAKE ANY ASPIRIN** (or any medication that affects your bloods ability to clot, unless directed by Dr Knox or his anaesthetist.
3. Sleep with your head on 2-3 pillows to keep your head elevated. This will reduce swelling.
4. Avoid bending down. Keep your head elevated at all times.
5. REST ONLY. Do no exercise & keep cool.
6. Expect some swelling of the face. A small amount of blood ooze through the bandage can also be expected.

Further instructions will be given when you attend your first post operative appointment in two days. Please bring a scarf with you to this appointment.

7. Keep the dressing on and dry; maintain facial sling at all times.
8. Avoid extremes of neck movement.

Once you have gone home you should be aiming to rest quietly for a few days. It takes time to recover from any surgery and being a significant operation should be treated with respect. Expect to feel tired over the first week and look after yourself accordingly. Get as much rest as you can and take life quietly.

OTHER:
