

Post Operative Instructions

- Always clean your hands before touching or caring for your wounds
- If there is excessive redness or irritation with your wound/s, or signs of infection, or if you develop a fever above 37.5°, please telephone our rooms on the numbers above. If you are unable to contact us at the rooms, please telephone the after hours number instead

**FACELIFT**

1. Take all medications as directed
2. Sleep on 2 or 3 pillows to keep the head elevated. This will reduce swelling
3. Avoid bending down. Keep your head elevated at all times
4. Apply ice packs to the face as much as possible for the first 48 hours, eg. for 20 minutes every 1 – 2 hours (do NOT apply heat packs)
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 we remove the dressings in two days. Please bring a scarf with you to this appointment

**EYELID REDUCTION**

7. Use cold saline and cold water (boil first then chill) packs frequently to reduce swelling and soothe discomfort
8. Clean the eyes with a moist cotton bud 3 times a day
9. **If there is severe pain or visual impairment contact us immediately** – this would be an extremely unlikely occurrence

If eyes are dry or gritty discuss with Surgeon prior to purchasing lubrication for the eyes:

(Remove soft contact lenses before using)

**Day:** “Refresh” or “Murine Revital Eyes” or similar eye lubricant

**Night:** “Viscotears Liquid Gel”

*Please take care when applying lubricant to your eyes not to pull on the upper or lower eyelid wounds*

Follow up appointment: .....

at:  Kogarah Rooms  Miranda Rooms

If you have any questions or concerns, please contact us on one of the numbers above.

**Please see the reverse for possible adverse reactions and drug interactions →**



**Possible adverse reactions and drug interactions:**

<b>Medication</b>	<b>Possible Adverse Reaction</b>
Refresh Murine Revital Eyes	Stinging and burning
Viscotears Liquid Gel	Mild transient burning, sticky eyelids, blurred vision

If you encounter any adverse reaction/s to any of your medications, cease the medication and contact your Surgeon (refer to the Post Operative Instructions sheet) for further advice.