



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

Facelift/S-Facelift/Neck lift/Mid-Facelift

Post-Op Instructions

1. Arrange to have someone at home with you during the first **24 hours** post-operatively and have them **review** these instructions.
2. You will have an appointment to see Dr. Robbins the next day. You will need a driver for this appointment. Keep all dressings in place until you see Dr. Robbins. It is normal for the dressing to feel **very tight** under the chin/neck area. It may be difficult to eat anything other than soft foods during this time.
3. **You may shower and wash your hair with mild shampoo after your visit with Dr. Robbins.** Take care to blow dry your hair because you may have diminished sensation. You may have numbness to the face, neck, or ears for 6- 12 months. Place the Velcro neck/chin garment Dr. Robbins gave you after showering for 3 weeks.
4. Sutures and staples will be removed in 7 days. You may start massaging your scars at that time with the scar cream we give you and/or Vitamin E oil twice daily. **Swelling will last weeks to several months, this is normal.** You may wear makeup one week after sutures are removed. You may color your hair in 1 month.
5. Keep your head elevated with 2-3 pillows to help reduce swelling, and limit neck movement for one week.
6. Use ice to help with swelling (20 min on and 20 min off) for 3 days. Expect moderate swelling and bruising for 2-4 weeks. Do not drive if the swelling impairs your vision. **If you experience marked swelling on one side, call the office immediately.**
7. No heavy lifting over 20 pounds or strenuous exercise for 4 weeks.
8. You may experience **moderate pain** for 3-7 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol.** These medications may make you drowsy. Do not drive a car while taking these. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days,** you can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
9. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

10. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
11. ***** Please have whoever is caring for you read these instructions*****

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.