



**Deborah J. White, MD PC**  
Plastic & Reconstructive Surgery

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***POST-OPERATIVE INSTRUCTIONS  
FACE LIFT, ENDOSCOPIC BROW LIFT AND LASER***

1. Keep all your dressings dry and intact until your first postoperative visit. Dr. White will see you usually on the 3<sup>rd</sup> or 4<sup>th</sup> post op day. For your visit a scarf serves as an excellent head cover.
2. You will be discharged with your pain medication which can be taken as directed. Continue taking your antibiotics until completely gone, as well as the anti-viral medication. These are **essential** for your recovery.
3. No alcohol should be consumed for 72 hours after your surgery, also no aspirin or aspirin containing medications for 2 weeks after your surgery. All other medications may be resumed post operatively unless instructed otherwise.
4. Watch for any significant or alarming swelling, redness, bleeding or bruising. Also note any pain that is out of the range of expected discomfort. If any of this occurs contact us immediately through the office phone number any time, day or night. Of course some swelling is to be expected, your eyes may even swell closed. However, if at any time you are concerned about the status of your recovery call the office, it is important to us that you are reassured.
5. Sleep either in a recliner or on three or more pillows. Your chin should be elevated higher than your heart. This decreases soreness and swelling. Do not sleep with your neck flexed.
6. Minimize facial expressions to prevent stretching your healing skin and to prevent crusts from cracking, this also pertains to eating as well. Take liquids through a straw, and when permitted to have a regular diet, eat with small bites.
7. Never rub, peel or scratch your skin, even over your dressings. Do not press or push on your lips.
8. Avoid sun exposure, it is most important for you to rest and relax so avoid getting discouraged by looking in a mirror. Also no contacts or glasses should be worn.
9. Do not flex your neck as this can cause creasing, increased swelling, increased pain, and even cut off the blood supply to the skin behind your ears, causing it to not survive.

10. Hypo Tears or Lacri-lube may be recommended. These are both over the counter items to help keep your eyes moist.
11. Once the dressings are removed you may shower and shampoo your hair. Clean the suture areas gently with soap and water or hydrogen peroxide. Q –tips are good for removing crusting. Apply antibiotic ointment to the suture line two times a day and as needed. Bacitracin ointment is good and may be purchased over the counter at any drug store. You may also apply Vaseline to your lips.

Should you have **ANY** questions, or concerns, please do not hesitate in contacting our office, day or night at: 480-614-3535.

**APPOINTMENTS:**

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