

LLOYD D LANDSMAN MD

plastic & cosmetic surgery ≡≡≡

994 W Jericho Tpke Suite 102

Smithtown NY 11787

631-864-4111 drlandsman.com

Post Operative Instructions

Procedure: Face Lift, Brow Lift

1. You must spend the first evening following your surgery with a responsible adult.
2. Postoperative pain should be mild. Take the pain medication prescribed as directed. Be sure to take the phenergan with the pain medication in order to minimize postoperative nausea. If your pain should become severe, please contact the doctor immediately.
3. Pain medication can cause constipation. Please take a mild stool softener such as Colace once in the morning and once at night while on pain medication.
4. Drink plenty of water. Water will help flush out the residual anesthesia, as well as reduce swelling and constipation.
5. For the first night after surgery, sleep with your head elevated on several pillows. Do not bend over or lift anything.
6. You may be up and around to use the bathroom as needed.
7. You may shower and wash your hair with warm water on the first day after surgery
8. Observe for swelling on one side significantly greater than the other side, particularly around the jawbone. This could signify a hematoma. Please call Dr. Landsman immediately if this occurs.
9. You may have difficulty moving your lips, areas around your mouth, cheeks, eyelids and brow. This will subside over time.
10. You may have difficulty opening and closing your eyes. Please be sure to use natural tears, 2-3 drops in each eye every 3-4 hours for the first two weeks following your surgery, to insure proper protection of your eyes. This will resolve over time.
11. Oozing of small amounts of blood from the incision sites is normal.
12. A feeling of tightness combined with swelling is normal. You will also have areas of numbness and discoloration throughout your face and neck. These conditions will resolve over a short time, up to several weeks following your surgery.
13. The sutures and staples in your skin will be removed approximately 6 days following your surgery.
14. You may color your hair no less than one week before surgery. You may color your hair after you are well healed, approximately 3-4 weeks after surgery.
15. Your first postoperative visit will be on _____.
16. If you should have any questions or have problems, please call the office immediately at 631-864-4111, and the doctor will return your call as soon as possible. DO NOT USE EMAIL FOR EMERGENCIES.

17. Do not use or apply ice or heat to operative area at any time during your recovery period.