

After Surgery

- You may experience light headedness, dizziness, and sleepiness following surgery. Please do not stay alone. A responsible adult should be with you for the first 24 hours.
- For your safety, do not drive or operate hazardous machinery for 24 after receiving anesthesia or while taking pain medication.
- **No pain medication refills will be issued over the weekend.** Notify the office prior to noon on Friday for any refill authorizations. Please be proactive throughout your recovery process!

For post-operative questions, please call the main office number (850)654-1194.

Hours of Operation
Monday-Thursday 7:00 am-5:00 pm
Friday 7:00 am –Noon

After Hours
Swelling and bruising is normal; however, if you experience a sudden increase in pain, body temperature or collection of fluid, please contact the office at (850) 654-1194. Our 24-hour answering service will get you in contact with us.

For medical emergencies, please dial 911.

4485 Furling Lane
Destin, FL 32541

Phone: 850-654-1194
Fax: 850-654-3380
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DESTIN PLASTIC SURGERY



Facelift

www.ThePlasticDoc.com

Wound Care

Some discomfort, including mild burning sensations, swelling, bruising in the face, neck and chest is common and can be expected after surgery. This will resolve over the next several weeks.

A cooling packet will be provided to you to apply for the first 12-24 hours to help reduce discomfort and swelling. A garment will be applied that provides support and helps decrease the post-operative swelling and pain.

A drain will be placed in the back of your incisions at the time of surgery and will be removed 1-3 days later. There will be a bulky dressing over the wounds to help protect your face and ears.

The sutures in front of your ears will be removed 5-7 days following your surgery. The sutures behind your ears are absorbable and do not require removal.

Swelling and bruising are normal; however, if you experience a sudden increase in pain with swelling asymmetry, temperature greater than 101°F please contact the office.

Medications

Day of Surgery:

Once you arrive home following surgery, begin taking your prescribed medications. An instruction sheet is provided.



Face Lift Garment

The garment will help protect your incisions and decrease any post-operative swelling and discomfort. The garment can be removed to shower or bathe then replaced. The garment should be worn for at least 1 week following your surgery or as directed by your surgeon.

Activity

Restrict your activities during your post-operative recovery. For the first 24-48 hours limit your activity to short walks to a chair or bathroom. By day 3, you may begin walking with minimal activity. By 1-2 weeks you may begin to resume your normal activities as permitted by your doctor.

Before Surgery

- Verify your complete medical history with your physician.
- Stop **ALL** aspirin products, ibuprofen, advil, aleve, motrin, or other nonsteroidal anti-inflammatory drugs at least 2 weeks before surgery. You may resume these medications 1 week after surgery. These medications interfere with bleeding as well as vitamins and many herbal supplements. You may only take Tylenol as needed for pain. Please discuss all current medications with your physician.
- Complete surgery registration downstairs at the Destin Surgery Center front desk. Destin Surgery Center will issue all surgery times and arrival times.
- Have laboratory studies performed as soon as possible.
- Verify the person responsible for your transportation to and from the facility and your post-operative care at home.
- Please notify your doctor immediately if you develop a fever, cough or any other cold-like symptoms prior to your procedure.

Day of Surgery

- Remove ALL jewelry and contact lenses prior to surgery.
- Do not eat or drink anything after midnight the night before your surgery.