



General Post-Operative Instructions

Bring all prescribed medications with you on all appointments

Sleeping:

For a minimum of one week, sleep with your head elevated 30-45 degrees above your chest (use 2-3 pillows or a recliner). This helps keep swelling to a minimum.

Diet:

No Caffeine 24 hours before and 1 week after procedure. No Alcohol 1 week before and 1 week after procedure(s).

Have a light meal before and after your procedure. Good nutrition helps the healing process. Drink plenty of fluids (with electrolytes) after procedure. Keep vigorous chewing and talking to a minimum for the first 1-2 days after the procedure(s).

Shaving:

Avoid shaving close to the sutures until they have been removed.

Drainage:

Drainage is NORMAL over the first 24 hours after procedure. If you have bleeding from any incision, apply light pressure using 2-3 fingers to the area(s) with a gauze pad for 5 minutes. If this doesn't stop the bleeding, or if you experience the sensation of excessive pressure on just one side of the face (or one eye), please call our office.

Medication:

Take approved pain medications only as needed. Acetaminophen (such as Extra-Strength TYLENOL) is okay after not requiring prescription pain medication. **For one week after procedure Do Not Use all products listed on the "Medications/Supplements to Discontinue" form.** Take medications with food to help decrease stomach upset. **Complete the entire course of your antibiotics (and antiviral, if applicable).**

General:

Patients typically experience the most swelling on the third day. One side of your face may swell more than the other side; In addition, you may notice tissue "bunching" in front of, behind or under your ears. This is normal... please give it time. Do not use creams or medications not approved by Dr. Lanfranchi.

Sedation:

DO NOT DRIVE, OPERATE MACHINERY OR MAKE ANY IMPORTANT DECISIONS WHILE TAKING SEDATIVES OR PRESCRIPTION PAIN PILLS.

For the health and safety of the Patient, it is recommended that she/he be accompanied during the first 24 hours after the procedure(s). Certain medications may cause dizziness and can impair your judgment.

Activity:

Keep exertion to a minimum. Do not bend over or lift heavy objects more than 10 lbs. Refrain from sexual activity or exercise for 2 weeks. Do not heavily exercise or significantly strain for 3 weeks. You can color treat your hair 1 month from procedure (incisions involved hair lines). If you feel tension/straining at any of the procedure sites during activity, please stop.

Procedure Specific Post Op Instructions

☐ Lower Facelift/Neck Lift:

- You will be sent home in a compression wrap, **PLEASE DO NOT REMOVE THIS WRAP.** You will be seen at 24 hours, at this time your bandages will be replaced. If there is fluid accumulation, we will need to see you the following day(s) until there is no more fluid.
- A facial ice wrap will be provided the day of procedure. ***Apply 20 minutes on, and 40 minutes off (on top of the compression wrap). Ice only while you're awake. DO NOT apply ice directly onto the skin. Discontinue Ice after 48 hours.***
- After the compression is no longer needed (as per our instruction), use cotton swabs and a mixture of half hydrogen peroxide and half warm water for **1 day only** to cleanse all incisions (no eye incisions). Use warm water and antibacterial soap daily using a soft cloth to clean your incisions twice a day (until all sutures are removed).
- After cleaning the incisions, apply **bacitracin ointment** to the incision area(s) twice a day. If red skin irritation occurs, discontinue using bacitracin ointment and use petroleum jelly instead.
- You may wash your hair once the compression wrap is removed, using baby shampoo, until sutures are removed. Avoid the full force of the shower directly on the suture lines.
- You may use makeup and moisturizers on your face, except on the sutures.
- An elastic facial/neck garment will be provided to you after the compression wrap is removed. This garment is to be worn 8-10 hours a day (or at night) for 30 days. More is not better.

☐ Eye Procedure(s) (Upper & Lower Blepharoplasty):

- To cool eyes, fill a clean bowl with fresh ice cubes & water. Take large gauze (or a fresh washcloth) and dip in cold water. Squeeze out excess water and ice cubes. Place cool gauze over eyes for 10 minutes (or until gauze gets warm). Repeat 3-4 times per hour while awake. Do this for the first 48 hours after procedure. This helps reduce swelling.
- Apply **lubricating eye ointment** (Lacri-Lube) to the incision lines 2-3 times daily. It is best for the incisions not to be crusty.
- At night, apply lubricating eye ointment directly into your eyes to keep them moist. To do this, start at your inner eye and apply a thin line of the ointment along your lower lid. When you blink, the ointment will cover the eye and keep it moist. This will make your vision slightly blurry. You can flush eyes out in the morning with sterile saline or eye drops.
- **Never use peroxide around the eyes.**
- If you have had an eye procedure, or laser treatment you may wear contact lenses 1 week after procedure or as instructed by Dr. Lanfranchi.

☐ Lower Lid Blepharoplasty (Only):

- After the procedure you will have steri-strips placed on the outer corners of the eyes (leave them in place, and they should fall off in 2-3 days). Reapply new steri-strips when you get up in the morning, and remove at night when you go to bed, for a total of 4 weeks. Do not pull down your lower eyelid when applying drops.



Chin Augmentation:

- Tape will be applied over your incision. This tape should stay on for the first week following your procedure. You may get it wet, but pat it dry afterwards. If it does fall off, you should clean the incision with antibacterial soap and water and then apply bacitracin ointment 3 times per day.
- You may be more comfortable with a soft diet for the first week.
- Your jaw & lower lip may be numb following your procedure. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves recover over time.
- Notify your physician if you develop severe swelling or redness involving your chin.



Fat Transfer:

- Your face will be swollen and there will be temporary lumps and bumps. The swelling will subside with time. Do not rub, or manipulate, the area of fat injection during the first week. If there are any small lumps after one week, gently massage the area with your finger after applying a warm wet cloth to soften.
- Asymmetric or uneven appearance is common initially. Please be patient, as you are still healing. You may look “overdone,” but this is normal for the first week(s). It will settle down over a few weeks.
- The tape on your abdomen will fall off on its own. There is one suture for us to remove in that area (typically at one week).
- After 24 hours you can remove the wrap around your abdomen to shower, and then put it back on. You should wear the abdominal garment for 1 week after the procedure for comfort.
- It takes time for the fat to grow volume and final results are not attained until 9 months or later.



Browlift:

- Refer to Lower Facelift/Necklift instructions. You will not need the 30-day compression wrap for the Browlift.



Fractional Laser:

- Apply a thin layer of Aquaphor on the treated area 3 times daily for the first 72 hours (3 days) only. It is okay to reapply more if the gauze is removing it. After 3 days stop using Aquaphor and use Cetaphil Moisturizer 3 times daily. (The clinical team will clean your skin the day after procedure).
- DO NOT cleanse/scrub the treated area for the first 24 hours. Thereafter, a mild cleanser such as Cetaphil can be used 2-3 times per day.
- DO NOT use any anti-aging/exfoliating/harsh cleansers, medications or scrubs. For 1 month after laser
- It is important NOT to “pick” or rub your skin during the crusting, flaking and healing process.
- No make-up or shaving for 7 days. Makeup okay at 1 week.
- Your skin will be red following treatment for 1 week. It will have a pink hue for 2-3 additional weeks (you may apply makeup during this time).
- Mild acne flare and/or milia (tiny white bumps) may occur. This should resolve on its own without treatment

***IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO
CALL US! WE ARE HERE TO HELP 24 HOURS A DAY! ***

OUR TELEPHONE NUMBER IS: 702-929-3880 YOUR PHYSICIAN IS: Dr. Paul Lanfranchi