

**Brian P. Dickinson, M.D Post-op Instruction/ Medication Sheet:
Lower Face & Necklift.**

	Day of Surgery	Day 1	Day 2	Day 3	Day4	Day 5
Shower	Shower morning of Surgery		Ok to Shower	Ok to Shower	Ok to Shower	Ok to shower (No swimming or jacuzzi for 4 weeks)
NAUSEA						
Emend	AM of surgery with a sip of water					
Zofran* (only if needed)		1-2 tablets every 8 hours	1-2 tablets every 8 hours			
ANTIBIOTC						
Cephalexin (or)		2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM	2 tablets AM 2 tablets PM
Doxycycline		1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM	1 tablet AM 1 tablet PM
PAIN MEDICATION						
Percocet/ Vicodin	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	1-2 tablets every 4-6 hours	
Tylenol	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.	Ok to use if not using Percocet or Vicodin. These contain Tylenol.
Motrin	X	X	X	X	X	Ok to use Motrin
SWELLING						
Medrol Pak	Day 1: 3 tabs after surgery; 3 tabs in PM	Day 2: 5 tablets	Day 3: 4 tablets	Day 4: 3 tablets	Day 5: 2 tablets	Day 1: 1 tablet
Ice Packs	20 min. every 2 hr. while awake	20 min. every 2 hr. while awake	20 min. every 2 hr. while awake			
45-Degree Sleep	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow	Yes- Cloudz Microbead Travel Pillow		

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Activity	Purposeful Walking: Walk to bathroom, walk to eat dinner, walk to check mail.	Walking as if shopping at the mall	Ok to ride Peloton and lift light weights No Yoga or Head down	Weightlifting is Ok	Weightlifting is Ok	Skiing, snowboarding, contact sports OK
Lifting Limits	Gallon of Milk is ok (8.6 lbs) Tide Detergent is too heavy	Ok to lift Tide Detergent (12 lbs.)				
Compression Wrap	Day & Night	Day & Night	Night Only	Night Only		

*For the first week after surgery do not bend over with your head down to tie your shoes, etc.

May use the following after the recommended time: 1) **Hot tub 6 weeks** 2) **Sauna 4 weeks** 3) **Hair dye 6 weeks** 4) **Tanning bed 4-6 weeks** (protect face- 3 months)

5) **Natural tanning 6 weeks** (protect face 3 months) 6) **Swimming 4-6 weeks**

Puckers of skin along the ear, behind the ear, and into the cheek are normal for the first 2 weeks after surgery. These will gradually improve.

The incisions along the face will get thicker for 6-8 weeks and then continue to soften over the course of one year to 18 months.

