



SOLOMON FACIAL PLASTIC

## **FACELIFT POST-OPERATIVE INSTRUCTIONS**

The following post-care instructions are essential to helping you achieve optimal results. Please read our instructions carefully. We encourage you to call or email our office if you have any questions. 905-764-7799 or [officestaff.solomon@gmail.com](mailto:officestaff.solomon@gmail.com)

### **BLEEDING**

- Post operative bleeding is expected but should be quite minimal. We prescribe tranexamic acid to be taken post-operatively to minimize bleeding.

### **SWELLING**

- Swelling and bruising is normal and to be expected around the eyes, cheeks, and jawline. This can vary from patient to patient.
- Drink lots of fluid, minimize salt intake, take bromelain and/or arnica and sleep elevated to help minimize swelling.
- Most swelling should subside by 4 weeks post-op. Swelling can linger for several months. However, by one year post-op, all swelling should be resolved.

### **MEDICATION**

- Begin taking your medication 2-3 hours after returning home, unless otherwise indicated by your discharge nurse.
- Take your antibiotic and pain medication 2 hours apart to avoid nausea.
- If the pain is mild to moderate, you can take Tylenol or Extra-Strength for pain.
- Be sure to take a probiotic when taking your antibiotic.
- If you develop a rash, stop taking the medication and contact our office.

### **ICING**

- No icing is required or recommended.

### **NAUSEA**

- If you feel nauseous you may take a gravol. If you are prone to nausea, we can provide a prescription for Zofran to have at home post-operatively.

## **DRAINS**

- Drains may or may not be used in your facelift surgery.
- If drains are used, they will remain in your neck for 3 days. Please see JP Drain Instructions to manage your drains. If a bulb malfunctions, this is not critical and Dr. Solomon or his fellow can walk you through how to address this issue.
- Drains are removed 3 days following your surgery. This is often a great relief. You may shower and wash your hair using a gentle shampoo (baby shampoo)

## **SLEEPING**

- Sleep elevated on 2-3 pillows to minimize swelling.
- Use a travel pillow to prevent rolling over while sleeping.
- Getting a good sleep is essential to healing, so be sure to make yourself as comfortable as possible.
- You may want to use an old pillowcase to avoid soiling from blood and ointment.

## **HEAD GARMENT**

- You will be wearing a compression garment for the first 16-18 hours following your facelift surgery.
- We will replace it with a compression tensor head garment that you can remove yourself.
- Wear this head garment as much as possible for the first week. You may remove it to take a small break. The head garment can then be worn at night only for the second week. We don't require wearing of the head garment beyond the second week.
- You may wash this garment and hang to dry. We sell additional garments in our clinic for a fee of \$50, plus tax.

## **EATING**

- Please ensure you are drinking plenty of fluids. Avoid coffee and tea, as they are dehydrating.
- You may eat. Start with toast and jam for your first meal. For more substance, smoothies, shakes and meal replacements (Boost/Ensure) are good options. You can also have soup, crackers and bananas.
- Yogurt is recommended the day after surgery to help replenish the good bacteria in your gut when taking an antibiotic.

## **CLEANING**

- Keep your incisions dry for the first 48 hours. Do not get them wet.
- You may have a bath one day post-operatively. Please ensure someone is home and the bathroom door is unlocked in case you feel light-headed and need assistance.

- Day 3, gently wipe or dab incisions using a Q-tip soaked in hydrogen peroxide to clean the dried blood. If there is no blood, do not apply hydrogen peroxide. Clean morning and night. Stop using peroxide when there is no longer any dried blood.
- Apply a thin layer of polysporin ointment to the incisions after cleaning with peroxide. Do so both morning and night.
- Use polysporin on your incisions for 2 weeks post-op.

## **SUTURE REMOVAL**

- Sutures are removed post-op on day 7 or 8 during a one hour appointment.
- If areas of the incision are not fully healed, we may schedule a second suture removal appointment a few days later.

## **SIGNS OF INFECTION, HEMATOMA OR NECROSIS**

- An incision oozing yellow puss, skin that is hot to the touch, fever
- Hematoma, extreme swelling and pain near the surgical site
- Necrosis can start 2-4 days post-op. Your skin would appear dark grey, or black in colour.

## **NUMBNESS**

- Numbness of the ears, jawline and upper lip is normal and to be expected. It can take weeks or months for the nerves to regenerate, and for you to get the feeling back. Always share your concerns with Dr. Solomon to ensure you are experiencing normal healing.

## **OXYGEN THERAPY**

- Please arrange for oxygen therapy between 11am-12pm daily for the first 3 days post-op.

## **PHYSICAL ACTIVITY**

- Do not lift anything over 10 pounds for the first 4 weeks, or bend over.
- 3 weeks post-op you may begin moderate exercise.
- 4 weeks post-op you can return to your regular exercise routine.
- 4 weeks post-op you can resume intimacy.
- 6 weeks post-op you can resume swimming, saunas, hot tubs.
- 2 months post-op you can wear a ski mask or scuba diving mask.

## **MAKEUP \* SUNSCREEN \* PERSONAL CARE**

- Do not apply make-up for 4 weeks. Sunscreen can be applied 2 weeks post-op.
- You may colour your hair 4 weeks post-op.

- Please avoid massages and facial for 3 months following surgery.
- Silicone scar gel may be applied 2 weeks post-op and is sold at SFP.

## **TRAVEL**

- We recommend staying in Toronto for 7 days following your facelift surgery.
- If you choose to return home, you should not plan to leave until day 3 post-op.

## **SUPPLIES FOR HOME**

- Q-tips, Hydrogen Peroxide, Polysporin Ointment, 4x4 Gauze Pads, Gel Ice Packs
- Tylenol, Arnica, Travel Pillow, Graval

## **IF YOU EXPERIENCE ANY OF THE FOLLOWING**

- If you develop a rash, persistent fever, chills or sweating.
- If you notice a foul odour or yellow drainage coming from the incision sites.
- If you experience severe nasal or throat pain, that is *NOT* controlled with Tylenol.
- If you experience persistent bleeding that *does* not lessen or gets worse
- Persistent vomiting and inability to drink liquids for greater than 4 hours.
- Shortness of breath, chest pain, weakness or numbness in the face or limbs.

### **EMERGENCY CONTACT WITHIN 24 HOURS OF SURGERY \*ONLY**

- DR. SOLOMON'S FELLOW: 437-225-9429
- DR. SOLOMON'S 2<sup>ND</sup> FELLOW: 437-872-9942
- DR. PHILIP SOLOMON: 416-520-5080
- DR. SOLOMON'S EMAIL: [drphilipsolomon@gmail.com](mailto:drphilipsolomon@gmail.com)
- OFFICE EMAIL: [officestaff.solomon@gmail.com](mailto:officestaff.solomon@gmail.com)
- OFFICE PHONE NUMBER: 905-764-7799

**IF WE ARE NOT ABLE TO BE REACHED, PLEASE GO TO YOUR NEAREST HOSPITAL EMERGENCY FOR ASSESSMENT \* PLEASE NOTIFY OUR OFFICE OF YOUR ADMISSION**

### **OVERNIGHT CARE**

- For out of town patients, we recommend the Sheraton Parkway Hotel on Hwy 7 or Liberty Suites Hotel on Yonge Street.
- We can assist with booking a PSW (personal support worker) to stay with you overnight for a fee of \$25 per hour. She accepts cash and e-transfer for payment.
- For a Private Clinic overnight stay with a registered nurse which includes breakfast, the fee is \$3500, plus HST. Discharge is at 8:30am.

### **HOTEL INFORMATION**

Hotel: **Sheraton Parkway Toronto Hotel and Suites** - 10 minutes from our clinic by car.

Location: 600 Hwy 7, Richmond Hill 905-881-2121

Room Fee: \$189 – June, July, August  
\$169 – September-May

**Amenity Fee is \$10 plus HST daily in addition to room fees.**

All rooms have mini fridge.

Suites have mini-fridge and microwave.

Suite fee: Additional \$35

Starbucks on Site. Room Service Available. Tim Horton's next door.

Please contact Hazel to schedule your stay: [hazeljuico@sheratonparkway.com](mailto:hazeljuico@sheratonparkway.com)

OR

Hotel: **Liberty Suites Hotel** - 2 minutes from our clinic by car

Location: 7191 Yonge Street #1201 905-604-9400

Room Fee: N/A

#### **OXYGEN THERAPY LOCATIONS**

Toronto - HBOT – near Yorkdale: 416-789-4268

Newmarket - Newmarket Health and Wellness: 905-967-0000

Mississauga – Restore Hyperbarics: 905-848-0202

Brampton – Hyperbaric Oxygen 289-323-0413

Etobicoke – Under Pressure: 905-274-2032

Hamilton – Hamilton General Hospital, Hyperbaric Department: 905-521-2100 ext. 46426