



BOULDER PLASTIC SURGERY Prof., L.L.C.

Hans R. Kuisle, M.D.

Winfield Hartley, M.D

2525 4th Street #202, Boulder, CO 80304

303.443.2277 303.443.7124 fax

www.boulderplasticsurgery.com

AFTER YOUR THREAD LIFT FACIAL SURGERY

Returning Home From The Surgical Facility

To achieve the best possible result from your surgery, follow these instructions carefully. If you have questions or problems that are not addressed here, call our office and we'll be happy to help.

1. When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around, but avoid any heavy exertion for 2-3 weeks.
2. If your stomach feels fine, progress to foods, as you desire. If you are at all nauseated, do not eat solid food, just drink small amounts of clear liquids, until the nausea passes. If it persists, call us.
3. During the first few days after surgery, take your pain medication as necessary, preferably after eating to avoid nausea. Most patients find narcotic pain medication unnecessary during the day after 2-3 days.
4. Your sleep cycle may be temporarily altered by surgery/ anesthesia/ drugs. If this persists, let us know.
5. *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol is helpful starting early in the post operative period, and for an additional 7-10 days following discontinuance of oral narcotics to take you through the soreness phase of your recovery. Aspirin should be avoided for 2 weeks before the planned date of your facial surgery.
6. Most of your discomfort occurs in the first 24-48 hours following surgery and will decrease each day thereafter. *You may resume normal activities as tolerated.* Normal activities include caring for yourself and lifting routine objects. Ask if you have any questions.
7. Take medications as directed
8. Eat soft foods or drink liquids for 7-10 days after surgery.
9. Keep head elevated (45 degree angle) in bed or "Lazy Boy" chair for the first 5-7 days following surgery. Raise brow, smile, and extend neck before touching the pillow when lying down.
10. Do not touch or wash your face for 12 hours. Don't pull down on face for 3 weeks.

11. Keep facial incisions clean as discussed in the incision wound care handout.
12. Limit facial motion for 24 hours. Limit talking or extreme expression.
13. Apply ice 30 minutes 4-5 times a day for 5 days.
14. Do not chew gum for 2 weeks. Do not drink through a straw.
15. No make-up or facial creams for 48 hours.
16. Do not massage the face for 3 weeks, especially with a wash cloth when cleansing. Do not pull down on your face.
17. Bending over or any position which places the head lower than the heart is to be avoided for at least 7 days. Avoid straining.
18. A day or two after surgery, the hair can be washed again using lukewarm water and baby shampoo.
19. Notify the doctor for any severe swelling in the neck or cheek areas or severe pain on one side, much greater than the other side.
20. Rest for the first 48 hours. No strenuous activities until OK'd by Dr. Kuisle or Dr. Hartley.
21. If you are not given an appointment, you will need to call the office to schedule one to follow up, within 4-5 days.
22. Call the office if you have any further questions or concerns. **(303) 443-2277**

