



Dr. J. Ben Hengy & Dr. Andrew Mendians

QUICKLIFT POST OP INSTRUCTIONS DAYS 1—6

Clean the incision twice a day with the supplied gentle cleanser.

Use cold compresses inside of the chinstrap, as much as possible for the first 24 hours except for sleeping, then for 10 minutes every hour for the next week. **DO NOT USE FREEZER PACKS.**

The chinstrap needs to be worn for light support for 1 week. Wear it as much as possible. If you need to be in public you can take it off.

Do not lower your head below your heart or bend at the waist, avoid chin-to-chest position.

NO smoking/nicotine, NO alcohol, NO sexual activity of any kind for 2 weeks after surgery.

NO aspirin, ibuprofen, vitamin E, Omega 3 fish oil, niacin and garlic supplements for 2 weeks post operatively.

Follow the foods to avoid list post operatively for 1 week.

Sleep at a 30-40 degree angle by elevating the head of the bed with at least 2 or 3 pillows for 2 weeks following surgery. This will help minimize any facial swelling, which may occur. **DO NOT** lie on either side of your face for 2 weeks after surgery, and avoid the chin-to-chest position.

ALL PATIENTS - We respect your right to privacy but it is very important you disclose the use of sexual performance drugs such as but not limited to Viagra, Levitra and Cialis. Use of these drugs can cause a serious heart side effect. You need to discontinue the use of Viagra, Levitra, Cialis and such others for 1 week prior to surgery and 2 weeks after surgery.

ALWAYS WASH YOUR HANDS PRIOR TO APPLYING ANY MEDICATIONS TO THE INCISION AREA.

DO NOT BEGIN USING RETIN A UNTIL INSTRUCTED AT THE POST OP APPOINTMENT.

DO NOT COLOR/PERM YOUR HAIR FOR 5 WEEKS POST-OP. WHEN COLORING/PERMING HAIR, APPLY VASELINE ALONG THE INCISION LINE.

DO NOT WEAR A WIG FOR 2 WEEKS AFTER SURGERY

DO NOT WEAR EARRINGS FOR 1 MONTH POST OPERATIVELY.

IF YOU FEEL ANY SUTURES, DO NOT PULL ON THEM, BUT CALL THE OFFICE YOU MAY FEEL THEM FOR 6 MONTHS AFTER SURGERY.

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