



Dr. J. Ben Hengy & Dr. Andrew Mendians

QUICKLIFT POST OP INSTRUCTIONS DAY 7

THE FOLLOWING INSTRUCTIONS WILL BE CONFIRMED AND REVIEWED WITH YOU AT YOUR 1 WEEK POSTOPERATIVE APPOINTMENT:

You may now discontinue using the chin strap and cold compresses. If no scabbing is present you may discontinue the antibiotic ointment.

1 week post-op start using SPF 45 sunblock on the face and incision.

Makeup can not be used on the incision line if there is no scabbing.

Sutures are removed if not dissolved.

DO NOT lower your head below your heart or bend at the waist, still avoid the chin to chest position.

NO smoking/nicotine, **NO** alcohol, **NO** sexual activity of any kind for 1 more week after surgery. **NO** strenuous activity for 1 more week after surgery. **NO** aspirin, ibuprofen, vitamin E, Omega 3 fish oil, niacin, and garlic supplements for 1 week after surgery. You may begin your normal diet.

Sleep at a 30-45 degree angle by elevating the head of the bed with at least 2 or 3 pillows for 2 weeks following the surgery. This will help minimize any facial swelling, which might occur. **DO NOT LIE ON EITHER SIDE OF YOUR FACE FOR 2 WEEKS AFTER SURGERY, AND AVOID THE CHIN TO CHEST POSITION.**

Starting 2 weeks post-op, begin massaging any lumping area, clockwise and counterclockwise 10 minutes in the morning and at night, or 5 minutes 4 times a day.

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

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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