

## ENDOTINE MID-FACELIFT SURGERY INSTRUCTIONS

**You will need to purchase:** Hydrogen peroxide, antibiotic ointment (Polysporin or Bacitracin), Q-tips and prescriptions.

### **Evening Before Surgery:**

1. **NOTHING** to eat, to drink, or smoke after midnight.
2. Take medications as directed.

### **Morning of Surgery:**

1. Wash your face thoroughly.
2. Take medications as directed.

### **After Surgery:**

1. Remain quiet. Keep head elevated on two (2) pillows for the next three to five (3-5) days.
2. Apply ice packs or frozen pea-packs intermittently for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin.
3. Take your pain medication every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. If you have minimal pain, take Extra Strength Tylenol.
4. You will have an incision with sutures, along the hairline between the upper portion of the ear and the temple area. Using a Q-tip, clean incision line with hydrogen peroxide followed by antibiotic ointment three (3) times a day. These sutures will be removed by our office about four to six (4-6) days following your surgery.
5. You will also have some intra-oral sutures associated with this surgery. These sutures are dissolvable. You may experience some discomfort with eating immediately following your surgery. It may be best to start off with clear liquids and progress to a solid diet as tolerated. Once a solid diet is tolerated, the mouth should be rinsed gently, yet thoroughly, after eating. A mixture of equal amounts hydrogen peroxide and water may be used.
6. You may bathe, shower and shampoo your hair 24 hours after surgery. It will not harm your incisions to get them wet. **GENTLY** pat the area dry-**DO NOT** swipe with towel or cloth.
7. Normal, leisurely activity may be resumed whenever you are comfortable; however, **DO NOT** bend, strain or do any heavy lifting. Try to avoid situations that cause your blood pressure to rise for approximately 10-14 days. Avoid activities that may cause a blow to the cheek area for four (4) weeks.

### **Other Instructions:**

1. Swelling and bruising is almost always more than you expected. It is not unusual for one side to be more swollen or discolored than the other. Bruising will gradually resolve over two (2) weeks. Numbness following your procedure is also very normal and may take several months to resolve. Please call the office if you experience any sudden bleeding or signs of infection.
2. Make-up and shaving can be resumed three (3) days after surgery.
3. Endotines, which are used to temporarily secure the mid-face lift, can be felt following surgery for approximately six (6) months.
4. Please refrain from coloring your hair for one (1) month following your surgery.
5. You may drive a car when you are no longer on any type of prescription pain medication.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**