

PSI Surgery Center, LLC.
9985 Dayton Lebanon Pike
Centerville, Ohio 45458
(937) 886-2980

GENERAL DISCHARGE INSTRUCTIONS

1. The medication or sedation given to you will be acting in your body for the next 24 hours because of this you may experience sleepiness, dizziness, and/or some light headedness. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended. (Gatorade, soda, Kool-aid, nonacid juices).
3. Be sure to get plenty of rest to allow your body to recuperate faster. However, you need to get up and walk around your house at least every 2 hours during the day to prevent blood clots.

MEDICATIONS:

- _____ **DOXYCYCLINE** 100 mg: Continue one tablet twice a day until gone. (Antibiotic)
- _____ **VICODIN** (Hydrocodone & Acetaminophen) 5mg: Take one tablet every 6 hours as needed for pain.
If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **PERCOCET** (Oxycodone & Acetaminophen) 5mg: Take one tablet every 6 hours as needed for pain.
If needed take two tablets every 4 hours, only for the first 24 hours after surgery.
- _____ **ROBAXIN** (Methocarbamol) Take one tablet every 8 hours as needed for muscle spasms or rest.
- _____ **ZOFRAN** (Ondansetron) Take one tablet every 6 to 8 hours as needed for nausea/vomiting.

Absolutely NO aspirin or ibuprofen products for one week. Resume all regular medications today.

POST-OP INSTRUCTIONS FOR FACELIFT / NECK LIFT / FOREHEAD LIFT

1. Keep your head elevated (above your heart level), chin up as much as possible for 1-2 weeks after your operation. To do this, place two or three pillows under your head at bedtime or rest in a reclining chair placed at 45 degree angle. Place an old towel over pillow to protect pillowcase.
2. Avoid bending over or lifting heavy objects or straining for one week.
3. Do not get your dressing wet. Do not remove your dressing. Wear loose clothing; button down shirts to avoid bumping face.
4. If you have a drain: Empty- Measure- Record drainage every 8 hours. Milk tubing every 2 hours during the daytime. Pin the drain to your shirt or place in pocket of shirt.
5. **Bring a scarf with you to your first post op visit to wear home after the dressing is removed.** After your head dressing is removed- you may go home and wash your hair with regular shampoo.
6. Wash over incisions gently with soap and water 2-3 times daily and apply bacitracin ointment. If incision develops scab or crust- soak with warm, wet washcloth and gently dab away crust.
7. After the sutures are removed we apply steri strips over the incisions. Leave them on for one week. They do not need to be replaced if they fall off sooner. It is okay to get these steri strips wet.
8. After 1 month, begin massaging the incisions with a pressing motion frequently every day until incisions are smooth and flat. Keep the areas out of the sun for 4 months. Use a sunscreen of SPF #30 or higher.
9. You may drive after 1 week if you are NO longer taking pain medication. Housework 2-3 weeks,
10. If you have any problems after 5pm or the weekend please call **937-886-2980** to be connected to the emergency on call service.

Your follow-up appointment is scheduled on: M T W T H F _____ at _____ am pm

Copy received by: _____ Date: _____ Time: _____

Witness: _____ Date: _____ Time: _____

