



POST-OP INSTRUCTIONS – Z lightning lift

After Surgery:

Apply cold compresses continuously to the cheeks and eyes and neck. Frozen peas work best in a 20 minute “on-off” intervals for the first 3 days.

Sleep with your head elevated at approximately 35 degrees for the first 5-7 days following surgery.

You will need to clean the incisions by your ears and under your neck with a Q-tip and Peroxide 2-3 times a day. This will help release crusting. Never pick any crusts. After cleaning please apply Bacitracin ointment to each incision. If InstaLift threads were used during your procedure then do not clean these areas (they will look like dimples in the middle of your cheeks and should go away after about 7 days). Please avoid any direct pressure to the face and area where the sutures were placed for three (3) weeks after surgery has been performed. (Example: sleeping on your face).

Do not floss your teeth for 2 weeks as this puts excessive stress on your sutures so this should be avoided.

Please try to limit facial movements to a minimum of 2 weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time.

Please try to stay on a soft diet for the first 3 days after surgery. Drink plenty of water or other clear liquid.

Do not soak your face in a bath, Jacuzzi, Swimming pool, or any body of water for 3 weeks following surgery.

Try to wear your compressive facial garment provided to you almost around the clock for the first 5-7 days. You may be asked to wear this at night for the first 6 weeks following your procedure.

You will have an additional post-operative appointments 6-7 days after surgery.

Continue to take the antibiotics given to you pre-operatively until your prescription is completed.

Pain medications are prescribed for “as needed only.” We recommend that you stop taking them as soon as possible, or use the mildest prescription. This will aide in quicker ambulation and recovery.

Vigorous exercise is not recommended for approximately 4 weeks. However, you are encouraged to get up and walk around.

Call our office if you notice any signs of infection such as fever, foul smelling drainage, focal redness, swelling, or increasing pain in the treatment areas.

We will contact you the day following surgery to make sure everything is going well and to answer any questions. If you have any questions, do not hesitate to call the office at 248-322-3362. If you require assistance after hours, please call the paging service at 313-745-0203 and enter pager 0978#. Follow the directions to enter your call back number and they will contact the physician on call and have him/her contact you.



The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date: