



PATIENT INFORMATION SHEET

POST OPERATIVE CARE CONTOUR THREAD LIFT

DR WILLIAM MOONEY MBBS FRACS
www.drwilliammooney.com.au

POST OPERATIVE CARE INSTRUCTIONS FIRST 2 WEEKS

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain.
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery.

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited:

Bankstown: 02 9796 7007

Marrickville: 02 9569 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

www.drwilliammooney.com.au

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- You will have some tape on your face that needs to be kept in place between 2-5 days to help stabilize your neck and face.

FOR 2 WEEKS POST-OP:

- You **MUST** limit your active movement for at least 1-2 weeks.
- You may require strong pain relief in the first 2-7 days and there will be strong feelings of tightening which will gradually settle. Please follow the directions on the medication that you have been prescribed. If your pain is not being controlled with oral pain killers and remains significant please contact Dr Mooney.

- Don't raise your brow, laugh or extend your neck—turning left to right—this is dependent on what region you have had lifted and Dr Mooney will instruct you.

- Don't wear base ball caps or hats as they will also pull down on your brow.

- Don't wear pullovers or turtle neck jumpers as they will also pull down on your face.

- Men—avoid shaving because of involuntary grimacing and dragging on your midface.

- The lift will ultimately take 2 weeks to settle—if you are concerned it is too high.

- If you see any sudden asymmetry between either side of your face or there are other signs of thread breakage that might have caused loss of lift please call Dr Mooney.

- Do not massage areas of lift or the hairline (e.g. at hairdressers) for at least 2 MONTHS post procedure.

- You will be instructed as to when your follow up appointment will be—you will then have the opportunity to ask Dr Mooney further questions post-operatively.

TIPS TO REMEMBER FOR YOUR COMFORT

- Rest as much as you can and try to keep your head elevated at all times. Do not lean over. Try to sleep with your head up and on your back using 3 to 4 pillows—your posture should be at a 45 degree angle for at least 7 days.

- Apply gauze soaked in ice water to your face and hair line during the first afternoon/evening after surgery (reapplying as the gauze becomes warm). After several days crush ice placed in a soft washcloth that has

been moistened in cold water and lay it across these areas. Be very careful not to allow the weight of the ice to pull down on your face.

- No work, exercise, sport or any activity likely to raise your blood pressure for the first 7 days. You may do some *gentle walking* in the second week only.

- Do not rub your face. Protect your face from sunburn and accidental knocks for at least 8 weeks.

- Do not drive for the first 24

hours after surgery or if you are taking prescription pain medication or if your vision is blurry or not clear at all.

- Do not use straws for drinking as they will pull on the face muscles.

- Hold your brow in position with the palm of your hand if crying, coughing or sneezing.

- For mid-face procedures a soft diet is recommended in most cases for at least 7 days, ensure you have prepared for this.