



DES MOINES  
PLASTIC  
SURGERY  
DAVID ROBBINS, M.D.

## Laser Lift Post-Op Instructions

1. Arrange to have an adult drive you home after your procedure.
2. You may shower in 24 hours. Remove the Band-Aids and gauze. You do not need to replace these. After showering, place the foam pad and head neck strap only and keep in place until follow up in one week. Take care when blow drying the hair as the scalp/neck area may have diminished sensation for up to one month and may not feel the hot air. Wear the “Jaw Bra” for 3-4 weeks as much as possible. You can stop wearing the foam pad after the first week.
3. Keep head elevated and limit neck movement for one week
4. Use ice to help with swelling for the first 3 days: 20 minutes on and 20 minutes off. Expect mild swelling and bruising that will last 1-2 weeks. The skin may feel numb in the treated area for one month. **If you experience marked swelling on one side, especially in the neck, contact Dr. Robbins.**
5. You will experience mild discomfort for 2-4 days. You have been given a prescription for narcotic pain medication to take **as needed**. You may take **1 pain pill every 4 hours or 2 pain pills every 6 hours as needed for pain with food; DO NOT take these with Tylenol**. These medications may make you drowsy. Do not drive a car while taking these. **You can take Ibuprofen (Motrin) 600mg- 800mg every 8 hours as needed for pain with food**. Do not take Ibuprofen if you have an allergy to NSAIDS, have stomach ulcers, or kidney disease.
6. You may experience nausea. Crackers, toast, and other bland foods are recommended to be eaten first, advance your diet as tolerated. A well-balanced diet is important for the healing process. **If your nausea is severe and you are unable to keep any fluids or medications down, please contact Dr. Robbins.** You may also experience constipation from the pain medication. Try eating high fiber foods and drinking lots of water. You may also use OTC remedies such as laxatives, fiber, stool softeners, or enemas as needed.
7. Do not lay in bed for extended periods of time. Get up and move around every 2 hours to improve circulation. It is important to stay well hydrated.
8. No working out or strenuous exercise for 2 weeks.
9. **\*\*\* Please have whoever is caring for you read these instructions\*\*\***

If you have any questions or concerns, do not hesitate to call us! Office hours are M-F 8am- 5pm. After hours and weekends, please call **515-221-9999**, and Dr. Robbins will return your call.