



DES MOINES
PLASTIC
SURGERY
DAVID ROBBINS, M.D.

MyEllevate Post-Op Instructions

1. Arrange to have an adult drive you home after your procedure.
2. You may shower in 24 hours. Remove any surgical dressing prior to showering. Make sure water is not directly streaming on your face. Do not shave for 10 days post procedure.
3. You must wear your chin strap at all times for 3 days. Use extra support straps when sleeping.
4. If you have a neck brace this must be worn while sleeping for 10 days. The neck brace also must be worn while reading, watching TV, working on the computer, looking down at your phone, or any other instance in which your head would be at a declined angle.
5. When sleeping or lying down, make sure you are positioned at a minimum of 45 degrees for the first 10 days of recovery.
6. Use ice to help with swelling for the first 4 days; 20 minutes on and 20 minutes off. **Expect mild swelling and bruising that will last 1-2 weeks. If you experience marked swelling on one side, especially the neck, contact Dr. Robbins.**
7. You may return to normal activities in 1-2 days. Avoid all forms of working out for 2 weeks. Do **NOT** do any core exercises for 3-4 weeks.
8. **NO SMOKING FOR AT LEAST 2 WEEKS BEFORE AND 2 WEEKS AFTER SURGERY.** This will slow your healing process and increase your risk of complications and poor wound healing.
9. You may experience **mild pain**. You can take Tylenol for the first 3 days to help with pain. **Do not take Advil/Motrin/Aspirin/Aleve/Excedrin for 3 days. After 3 days, 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.**
10. ***** 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.