

## **INSTRUCTIONS FOLLOWING FACELIFT SURGERY**

**Please keep these instructions on hand for review until you are completely healed from your procedure.**

### **Care Of The Incisions**

- Leave your dressing on until you are seen in the office on the day after surgery.
- Once the dressing has been removed, you should gently clean your incisions with peroxide on a Qtip 3-6 times per day depending on how much drainage you experience. Then apply the ointment we will supply to you to the incisions. Wear facial garment for three days after surgery.
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- You may gently shampoo your hair 48 hours after surgery but avoid any strong rubbing or combing trauma to the incisions in the hair and around the ear. Do not blow-dry for 5 days, and postpone any planned perms or hair coloring for 4 weeks following surgery.
- Some facial and neck swelling and bruising are normally present after facelifts, but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the “same” operation. Generally, most patients appear quite sociably acceptable within 10-14 days after surgery.
- Any unexplained development of pain, facial swelling, or fever should be reported to us immediately.

### **Medications**

- Take your medications as directed.
- Do not take any aspirin or aspirin-containing medicines for 10 days. Other routinely taken medications may be taken as necessary.

### **Activity**

- Since you have just undergone a major surgical operation, use good common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens, and any activity requiring heavy lifting or straining.
- You may be up and around on the evening of your surgery. Expect some fatigue for 2-3 days due to the effects of the anesthesia and the procedure.
- Your head should be elevated on at least two pillows during sleep for the first week. Try to sleep on your back.
- You may eat a normal diet on the day following surgery.

- It is acceptable to do some light walking 72 hours after surgery. Jogging and light noncontact exercise should not be resumed until 3 weeks, and strenuous sports require 4 weeks of healing before being safely resumed.
- Sun exposure and suntan beds should be avoided for 6 weeks after surgery. Protect your skin with a strong sunscreen containing PABA in order to decrease the aging effects of the sun on your skin and to avoid brown coloration of your incisions.
- Your earlobes and portions of the face that have been lifted will be slightly numb for several weeks; sensation will then return as healing progresses. Do not wear heavy or tight earrings for 6 weeks.
- You may begin wearing makeup three days after your procedure. Please call our office if you need assistance with camouflage makeup.
- Your return to work depends on the amount of physical activity and public contact your job involves in addition to the amount of swelling and discoloration you may develop. Most patients return to work 10 - 14 days after surgery.
- It is not unusual to go through a short period of mild depression after your surgery. No matter how much you wanted the operation and how much you were told what to expect after the surgery, you may still be a little shocked when you see the face and eyes swollen and perhaps discolored. Be realistic and understand that this is a temporary condition that will subside. The best “treatment” consists of staying busy with the details of postoperative care and trying to divert one’s mind.
- It is very important to your well-being that you completely follow all instructions given you by this office and that we check your progress regularly following surgery.