

POST-OPERATIVE INSTRUCTIONS – FACE LIFT & NECK LIFT

Day of surgery:

1. Arrange for someone to stay with you for the first 24 hours.
2. Go to bed and rest lying on your back with your head elevated with 2-3 pillows. You should be lying at a 45 degree angle.
3. You may be up and around to go to the bathroom or eat a light meal with assistance.
4. Take medication only as directed.
5. Some swelling, bruising, and tightness of the bandages are a normal occurrence.
6. Place ice packs on sides of face for 10-15 min. every hour.
7. Avoid turning head from side to side as this can cause tension on suture line and bleeding under skin flaps. Turn head and shoulders together for the first 2-3 days.
8. Keep bandages and suture lines dry. If they loosen, secure them with more tape. You can expect to have 1-2 drains in place overnight, which will be removed the next day at your first post-operative visit.

Days 2 and 3:

1. You may be up and around as tolerated. Expect to tire more quickly than usual.
2. Keep activities and meals light. Rest and keep ice packs going every hour.
3. On the 3rd day you can gently shampoo hair in shower with Baby Shampoo. Do not use a hot hair dryer.

Post-operative visit:

1. Sutures are removed between the 5th and 7th day. Staples are removed on the 10th day. You may have some swelling and bruising for up to 2-3 weeks.

Long term care:

1. Rest and good nutrition are important healing factors, especially the first 6 weeks.
2. Avoid alcohol for the first few weeks as this can prolong swelling and healing.
3. Avoid prolonged sun exposure 2-3 months after surgery as this may darken incision lines, causing abnormal pigmentation. Wear sunscreen, a wide brimmed hat, or both.
4. Numbness, itching, tingling, hardness and bumpiness of the facial tissues, crusting and redness of the incision lines are normal occurrences. This will subside gradually over several months.
5. Skin care products will be recommended to maintain skin texture.
6. Be careful with earrings. Do not bleach, color, or perm your hair for 3-4 weeks after surgery.