

## Facelift Post-Op Instructions

The following instructions apply to patients who have undergone a facelift. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed, or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.

1. 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.
2. You may be up and around the day after surgery, but some natural fatigue may persist 2-3 days due to the normal effects of the anesthesia and surgical procedure.
3. When you move, stand or change positions, do so deliberately and carefully for the first 7 days. In turning your head, move the head and shoulders deliberately as a single unit.
4. You may eat a normal diet the day following the surgery. In moderation, talking and smiling are perfectly acceptable.
5. Your head should be elevated on a least two pillows during sleep for the first 14 days, in order to keep your head higher than your heart to help facilitate the resolution of swelling. Do not sleep face down, rather on your back or side.
6. **DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING MEDICINES FOR 14 DAYS**, and then only on the advice of your personal physician. Other routinely taken medications may be taken as necessary.
7. Any unexplained development of pain, facial swelling or fever should be reported to us immediately.
8. 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.
9. You may **gently** cleanse the incision lines twice daily with 3% hydrogen peroxide and cotton balls (or cotton swabs). Apply the ointment provided **sparingly** twice daily to the incision lines in order to avoid excessive crusting of the incisions and to accelerate the reduction of incision redness. Do not apply any other ointment or medications unless we prescribe it.
10. You may **gently** shampoo your hair 48 hours after surgery, avoiding any strong rubbing or combing trauma to the incisions in the hair and around the ear. Do not blow dry your hair for 5 days and postpone any planned permanent waves or hair coloring for 4 weeks following surgery.
11. Your earlobes and portions of the face that have been lifted and repositioned will be slightly numb for several weeks; sensation will then return as healing progresses. Do not wear heavy or tight earrings for 6 weeks, and avoid prolonged exposure to extremely cold temperatures.
12. It is acceptable to do some light walking 72 hours after surgery. Jogging and light non-contact exercise should not be resumed until 3 weeks, and strenuous sports require 6 weeks of healing before being safely resumed.
13. Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged facial swelling and injury to the skin. Thereafter, you should always protect your skin with a strong sun-screen containing PABA (para-aminobenzoic acid) in order to decrease the inevitable aging effects of the sun on your skin.
14. Finally, it is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.