



FACELIFT AFTER SURGERY INSTRUCTIONS

You will go home the same day as your procedure. You will need someone else to drive you. A special facelift dressing will be placed under your chin and over the top of your head to give your face support and comfort. We will tell you where and at what time to return the day following surgery to change your dressing.

WHAT TO EXPECT

- After your surgical dressing is removed the Jaw Bra **MUST** be worn for 24 hours a day for one week, then for 12 hours a day for 1 week.
- Your sutures and staples will be removed 14 days after surgery.
- Your skin will be more sensitive in the early months following surgery. Avoid sun exposure to the best of your ability, use SPF 20 sunscreen or higher **DAILY**, and wear a hat whenever possible. Fresh scars are more susceptible to UV damage.

WHAT TO DO

- Apply cold compresses to the eyes, forehead, face and neck areas. This will help to minimize bruising, swelling and discomfort. Apply cold compresses as often as 20 mins on and 20 mins off throughout the day. Be sure to place a barrier such as a paper towel or clean washcloth between our skin and the compress. (Examples of cold compresses: Frozen peas or crushed ice in a zip-lock bag, frozen gel packs from your local pharmacy, or gauze soaked in ice water.)
- Wash face and incisions gently with soap and water or shampoo, if crusting/scabbing persists you may use hydrogen peroxide to clean those areas.
- Keep your head elevated, especially while sleeping. Use two pillows, a foam wedge or lay in a recliner to sleep.
- Keep activity to a minimum for 2-3 days.
- Walking and stretching are gentle exercises that you may begin after your incisions have healed which is usually about two weeks after surgery.
- You may shower and wash your hair on Day 3 after surgery, or as instructed by the doctor. Use **WARM** water only. Avoid very hot water for two weeks.

WHAT NOT TO DO

- Avoid bending over or picking up heavy items
- Avoid strenuous workouts! Vigorous exercise may raise your blood pressure and cause an increase in swelling which will delay your recovery.
- Do not dye or bleach your hair for 4 - 6 weeks.
- Earrings can be worn 2 - 4 weeks after surgery.
- No flying for 2 weeks after surgery.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, PLEASE CALL THE DOCTOR'S OFFICE

- For pain not relieved with your prescribed pain medications
- Fever greater than 101 degrees
- Unpleasant smelling drainage from your incisions
- Redness around incisions
- Persistent nausea and vomiting