

Post-Operative Facelift/Neck lift Surgery Instructions

Ice

Remain sitting quietly for 4-5 hours after surgery. Do not lie down. It is very important to apply ice to any incisions on your face and to your cheeks for the first three day. Ice reduces any swelling that may occur. Apply ice for 15-20 minutes every hour for the first 24 hours you are awake after your procedure. For the next 2-3 days, apply ice 30 minutes and then remove it for 10 minutes and repeat. You can use an ice pack, frozen gel pack, crushed ice in a baggie or a bag of frozen peas. Do NOT apply ice directly onto the skin. Instead, use a gauze pad or cloth in between your skin and the cold bag. Remember, the more you ice, the more the swelling will decrease. Use on the cheek areas for 48 hours after surgery while awake.

Patients typically experience the most swelling on the second or third day. One side of your face may swell more than the other side. You may also notice tissue “bunching” in front of, behind or under your ears. This is normal. Please give it time; it is part of the healing process.

Activity

Keep exertion to a minimum. Do not bend over, blow your nose, cough, strain or lift heavy objects more than 10 pounds until 7 days after surgery. Avoid large facial movements such as smiling, laughing or widely opening and closing the jaw. Do not heavily exercise for 3 weeks. If you feel tension or straining at any of the procedure sites during activity, then please stop. You may shower and wash your hair 24 hours after your surgery. It is safe to get the stitches wet. However, avoid the full force of the shower directly on the suture lines.

Medication

For your health and safety, it is recommended that for the first 24 hours after your procedure, you are accompanied at all times by a responsible adult who will attend to any routine care needs that you may have. You should not be left alone during this time because of possible impairment of motor skills and perception as a result of the lingering effects of medication. If any concerns arise, the responsible party or you should immediately contact your physician. It is also recommended that you do not drive for the first 48 hours after the procedure (or longer if you are taking prescription pain medication).

Take approved pain medication as needed. Acetaminophen (Tylenol) is okay, but DO NOT USE IBUPROFEN (such as ADVIL or MOTRIN). Take medication (especially pain medication) with food to help decrease stomach upset. Start your antibiotics right after your surgery and complete the entire course. If your medication is a 4-times a day interval, try the following schedule: 1 antibiotic with breakfast, 1 at lunch, 1 in the late afternoon, and 1 at bedtime. Vitamin E, naturopathic medications and herbs, nicotine, cigarettes for two weeks after your surgery unless instructed otherwise.

Diet

We recommend you have a light meal after your procedure. Good nutrition helps the healing process. Drink plenty of water and other fluids. Keep vigorous chewing to a minimum for the first 1-2 days after the procedure.

Sleep

Sleep with your head elevated at least 30 degrees (on 2-3 pillows or use a recliner) for the first week. This helps to keep swelling to a minimum.

Elastic Wrap

If you go home with a wrap in place, the bandages will need to be removed 24 hours after your surgery. Replace the support strap after you shower and clean the incisions. The strap must be worn as often as possible during the first week after surgery. If you have had a neck procedure, then after the first week you should wear the chin strap for the rest of month (only at bedtime).

Cleaning (to begin once your wrap has been removed)

Face and Neck procedures:

- Clean the incision area twice a day.
- Use soap and warm water for 2-3 days or until all dried blood has been removed.
- It is important to keep all facial sutures moist. After cleaning the incision, apply bacitracin ointment to the incision areas twice a day.
- If skin irritation occurs, you may discontinue using bacitracin ointment and use petroleum jelly instead.
- AVOID SHAVING CLOSE TO THE SUTURES UNTIL THEY HAVE BEEN REMOVED.

Drainage

Drainage is normal over the first 4-5 hours after your procedure and could last up to 24 hours. Some people will have more drainage than others. THIS IS NORMAL. If you have bleeding from any incision, apply light pressure using 2-3 fingers to the area(s) with a gauze pad for 5 minutes. If this does not stop the bleeding, you experience excessive bleeding or the sensation of excessive pressure on just one side of the face, then notify your surgeon or go to the nearest emergency room.

DO NOT TAKE ANY ASPIRIN OR VITAMIN E UNTIL YOUR SUTURES ARE REMOVED. IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL YOUR SURGEON! WE ARE HERE TO HELP 24 HOURS A DAY! Our telephone number is 310-887-9999.

We will see you on: _____ Time: _____ to remove your sutures.