

Glasgold Group Surgery Center

POST-OPERATIVE INSTRUCTIONS FACELIFT

You may apply ice to cheeks and neck for the first 4 days if desired. Wrap ice in clean gauze. Apply for 10 – 15 minutes with 20 minutes between each ice application. Do not apply ice directly to the skin. Do not ice for longer than 15 minutes at a time. Apply ice on and off throughout the day as directed. 10-15 minutes on, 20-30 minutes off.

Sleep and rest with your head elevated on 2-3 pillows for the first few days after surgery. You should be out of bed the day after surgery.

Tylenol may be taken for discomfort or you may take the prescription pain reliever as directed if needed. Do not take aspirin, Excedrin, ibuprofen, or Aleve for 2 weeks after surgery.

Your first post-op visit is the day after surgery, the second post-op visit is 5-6 days after surgery and the third post-op visit will be 8-12 days after surgery.

Clean the suture lines with soap and water in the shower as needed. Apply a **SMALL** amount of **Aquaphor** ointment with a Q-tip, twice a day in order to keep them moist.

You may take a shower and shampoo your hair 24 hours after surgery **AFTER** you have seen the doctor. **No** dyes, perms, or other chemicals for at least two weeks after surgery.

A feeling of tightness/numbness in the neck & face is normal and will subside. Over the next few months your skin may be sensitive, you may feel tingling sensations as healing occurs.

Your skin is more sensitive to sun for about 6 months after surgery. You must apply a 30 SPF or greater sunscreen 3-4 times a day when you are exposed to sun.

Once your stitches are out, 4-5 days after surgery, you may start progressing with **LIGHT** upright aerobic exercise, such as walking, elliptical training, and recumbent biking (no spinning). You may also lift light weights while sitting or standing.

Do not do any abdominal exercises or take any exercise classes. Increasing your activity will be based on discussions with the doctor.

How To Contact Us

During regular business hours call (732)846-6540

Before/after regular business hours call (732)790-5070

In case of emergency call 911 or go directly to the ER