



POST-OPERATIVE INSTRUCTIONS

FACELIFT

Apply ice to your cheeks and neck for the first 4 days. Alternate 10 minutes on, 15 minutes off while awake. Wrap the ice packs in gauze. Do not apply ice directly to the skin. Icing is very important, however, do not ice for longer than 20 minutes at a time. (You may ice past 4 days for comfort).

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.

The first post-operative visit will be the day after surgery. The second post-operative visit will be 4-5 days after surgery. The third post-operative visit will be 10 - 14 days after surgery.

Your incisions are not fragile and will not open up. Clean the suture lines with hydrogen peroxide and then 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 should be applied to the hair for at least two weeks after surgery.

A feeling of tightness and numbness in the neck and face is normal and will subside.

Over the next few months your skin may be sensitive and 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 a lot of 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, 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.