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## Facelift (Lower Face And Neck Lift) Post-operative Instructions

### **Instructions:** Begin Day of Surgery

1. Limit activity to bed rest with bathroom privileges **the day of surgery.**
2. No turning head for one week. If necessary to turn, do so by turning shoulders or body from side to side.
3. Apply ice compresses for 24-48 hours. Keep ice on as much as you can tolerate.
4. Drink plenty of fluids and avoid foods that require a lot of chewing, as this may increase swelling and prolong healing. Soft regular diet as tolerated. Alcohol should be avoided for **1 week** after surgery.
5. Sleep with head elevated at least 30 degrees (2-3pillows) for **2 weeks.**
6. Leave dressing in place. Do not remove. Dressing may be reinforced with gauze if needed.
7. **Call the office if you experience heavy bleeding, (saturating dressing) or experience severe pain.**

**NOTE: Swelling usually peaks 2-3 days after surgery.**

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### **Days 2-7:**

- Activity level:
  - You should be up and walking around the house after 24 hours.
  - No exercising, or activity that will increase your heart rate or blood pressure, no bending over or lifting over **20 lbs** for **2 weeks.**
  - Do not return to exercise until approved by your physician.
- You will be seen in our office the day after surgery. At that time we will remove the dressing and review wound care instructions with you. You will begin using a facial compression garment (JawBra).
- **JawBra must be worn at all times unless showering/bathing or performing suture line care for the first week. JawBra should feel snug. Make sure seam faces outwards when worn.** Wearing the JawBra too loosely or not at all, may result in complications.
- You may shower and shampoo your hair after 24 hours. **Do not blow dry your hair. We do not want any heat on or near your face because of the risk of burns.**

**Begin suture line care Day 2 in the evening:** Clean suture lines with normal saline/hydrogen peroxide solution (provided), using gauze pads to remove old ointment. Then spray incisions with Avene spring water (provided), to rinse suture lines. Pat dry with a gauze pad. Apply a thin layer of bacitracin ointment, repeat procedure 2-3 times/day for **3 days.**

**On Day 4** continue suture line care but use **Vaseline or Aquaphor ointment in place of bacitracin ointment** until all sutures (stitches) have been removed.

**Continue to sleep on your back with your head elevated at least 30 degrees (2-3 pillows) for two weeks after surgery.** This helps reduce bruising, swelling and discomfort. **Wear JawBra throughout the 2<sup>nd</sup> week when sleeping or as much as possible.**

You may resume wearing makeup on the 9<sup>th</sup> postoperative day. Hair coloring is usually allowed 2 weeks postoperatively, but please check with your physician first.

\*It is common for patients to feel depressed the first few days after surgery. This improves quickly as you begin to look and feel better. There is certainly a "let down period" after the anxiety and excitement of surgery. It will improve as the healing progresses.

**Call the office at (410) 486-3400 if you experience: increased pain, swelling, redness at surgical sites, pus draining from wound, or fever above 101.5F.**

Return to office for follow-up appointment on:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (Dressing Removal)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (Esthetician) \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (Suture Removal)

Date: \_\_\_\_\_ Time: \_\_\_\_\_ (Suture Removal)

\_\_\_ Postoperative instructions have been reviewed with me.

\_\_\_ I have received a copy of these instructions.

\_\_\_\_\_  
Nurse

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Patient or responsible party

\_\_\_\_\_  
Relationship to patient

**To view video for postoperative instructions go to [www.facial-plasticsurgery.com](http://www.facial-plasticsurgery.com) and select patient resources tab.**