



face lift

post-operative instructions



- Get plenty of rest.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Take your medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- Avoid alcohol consumption for several weeks.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Keep head elevated to help minimise any swelling; sleep with head on 2 pillows for the first week after the operation.

activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 2 weeks. (Walking and mild stretching are fine.)
- Massage your face with moisturising cream where you are able. Arnica cream works well.
- You may have a facial after 6 weeks.
- Return to work in 14-21 days.

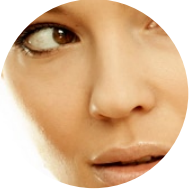


incision care

- You may shower 48 hours after surgery (after the removal of drains and bandages). Avoid steam baths and saunas for several months.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Do not use hair dye or permanent solution until approved by your surgeon.
- You may use cold compresses for comfort and to help decrease the swelling.
- Hair is generally shampooed on the 2nd postoperative day. Wash your hair with the recommended product at least every other day thereafter and before each visit to the office.
- The area of sutures must be washed gently but thoroughly each time.
- Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- You may use makeup after the sutures are removed; new facial makeup can be used to cover up bruising, but not on the incisions. It is important to gently remove all makeup.

what to expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.
- You may experience tightness in the neck and difficulty turning side to side for 1-2 months.
- Skin may feel dry and rough for several months.
- Face may look and feel strange and be distorted from the swelling.
- Men have a need to shave behind their ears, where beard-growing skin is repositioned.



appearance

- Pale, bruised and puffy face for several weeks.
- Wearing scarves and high-collared blouses masks the swelling and discoloration.
- By the third week, you will look and feel much better.
- Final result is not fully realized for approximately 6 months.

follow-up care

- Sutures are usually removed from in front of the ear in 7-10 days.
- Remaining sutures and metal clips, if used, are usually removed in 10 days – 2 weeks.
- If a drainage tube was inserted, it will be removed in 1-2 days.

when to call

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have oral temperature over 38 degrees Celsius.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that is difficult to control with light pressure.
- If you have loss of feeling or motion.