

## **AFTER YOUR FACELIFT SURGERY**

- After surgery you may stay overnight in the Extended Recovery Unit at Northside Hospital. The next morning your drains will be removed and your dressings will be changed. You will return to the office for removal of the dressings 2-3 days later. At that time, a facial garment will be placed on you. If you do not stay overnight at the hospital, you will be asked to return to the office 3-4 days later to remove your dressings and be placed in your facial garment.
- For the first week after surgery, you should rest with your head elevated, either in bed using two-three pillows or in a recliner. Do not flex your neck and limit turning your head from side to side. **Do not apply heat or cold to the surgery sites.**
- If your stomach is not upset, you may resume your normal diet. If you do feel some nausea, limit your first meal to liquids such as soup or juice. Use your anti-nausea medications as needed.
- Take Arnica and Bromelain supplements to minimize bruising. Take the Medrol Dose pack as directed to minimize swelling. Take your antibiotics as prescribed to prevent infection. Avoid using aspirin or ibuprofen for 14 days after surgery. You have been given a narcotic pain reliever to take if needed.
- Bending and straining should be avoided for two weeks. Moderate exercise (normal walking) may be resumed after one week. Avoid vigorous exercise (jogging) for two weeks and swimming for four weeks after surgery. Sexual activity may be resumed 2 weeks after surgery.
- Bruising and swelling is normal after surgery and will resolve in 4-6 weeks. Slight bleeding coming from your incisions is not uncommon, especially with increased activity. You may shower and wash your hair after your first post-operative visit. After your shower gently cleanse incisions with a Q-tip dipped in alcohol or peroxide. Then apply antibiotic ointment to the incision lines. The supportive facial garment should be worn 24/7 for the first two weeks after surgery. Do not use chemicals such as hair dye or styling products for 6 weeks after surgery.
- You will need an appointment to be seen in the office one week after surgery. Sutures and staples will be removed at this time. Please call the office for an appointment.
- You may wear make-up two days after your sutures have been removed.
- Your incision may become red, elevated, or bumpy in the weeks following surgery. The scar will then continue to fade and soften for about six months. Massage and the application of scar cream can be started after your sutures are removed.
- Occasionally patients may experience mild hair loss after surgery. This is temporary and hair will regrow. Viviscal hair growth supplements work well and may be purchased at the office.
- Avoid direct sun exposure of the face and neck for 12 months after surgery. A sunscreen with an SPF of 50 is available for purchase in the office.