

Face Lift: Post-Op Instructions

Surgery Morning

Nothing to eat or drink after midnight-may brush teeth.

Take a shower and wash hair and face in the morning.

Do not wear any make-up (includes mascara and eyeliner). **Wash face with baby shampoo when arrive at surgery center to remove any residual eye make-up.**

Leave all jewelry at home. Cannot have any metal on your body, so please remove any body piercing.

DO NOT WEAR CONTACTS.

Clothing: Button-up shirt, sweat pants, socks, shoes (comfortable and easy to walk in).

Bring pain medication with you. You will be numb after surgery and may not feel anything. However, the nurses will give you a pain pill prior to discharge to help keep pain level at a minimum.

Surgery Night

Soft Bland Diet: **DO NOT EAT SPICY FOODS**, drink plenty of fluids, and nutrition is very important.

Start your antibiotics at suppertime; **IF NAUSEATED** may start antibiotics the next day.

Sleep with head elevated using a recliner or at least 3-4 pillows for a week.

Apply ice compresses to neck, chin, and ears every hour for at least 15 minutes for a couple of days. Frequent application of ice compresses decreases swelling and bruising.

Face wrap/bandage may be tight and uncomfortable. ***It is removed the next day.***

Take pain medication, as you need it, do not try to brave the pain. You will be more comfortable if you keep your pain at a minimum.

Next 2 weeks

Incision Care

Wash hair daily using **BABY SHAMPOO**. May start as soon as bandage is removed.

Clean incision sites (while shampooing) by gently massaging with your fingers.

Towel dry hair-***do not use a hairdryer or curling iron.***

Apply ANTIBIOTIC OINTMENT to keep incisions moist (twice daily).

↔(show where your incisions will be located)

You will be supplied with a headband after

your bandage is removed. Wear your
headband 24/7 at least a week and then at
night or whenever you're at home.

Expect FACIAL swelling, bruising, lumping and
rippling for about 2 weeks (more or less).

May use make-up to cover up bruises after 1 week.

Neck muscles will look and feel very tight. This

may last up to a month, but improvement is noticeable

on a weekly bases. This may cause some difficulty with any neck/head turning.

Suture Removal:

Chin – (sutures) removed after 1 week post-op

Ears-(sutures & staples) removed after 2 weeks post-op.

No exercise, heavy lifting, or bending over.

Do not color/dye hair until 4 weeks after surgery. May use hairdryer and curling iron after 2 weeks, but be careful. You will have numbness around your ears and may accidentally burn yourself.