

## Facelift

### Post – Op

#### **General Instructions:**

- No HOT or WARM compresses to the surgical area.
- No COLD compresses to the surgical area.
- 1-2 drains may be required. If asked, drainage amounts should be logged and taken to each postoperative visit for the surgeon to review.
- You will be instructed when you may shower and shampoo your hair after surgery, most likely beginning two days after surgery.
- You may be asked to shampoo your hair daily until all the sutures have been removed. This will be determined on a case by case basis.
- DO NOT USE A HOT DRYER ON YOUR HAIR.
- Keep your head elevated to approximately 45 degrees for the first week.
- Avoid smoking for a minimum of 48 hours after your procedure. This will decrease the possibility of coughing that may trigger bleeding.
- Use caution when eating as to not cause an excessive over-stretch. A liquid diet might be advised for the first couple days. Then eat only foods that require minimal chewing.
- No alcohol for 1 week after surgery.
- Limit lifting, pulling, pushing, straining (including in the bathroom) for at least 10 days. Avoid bending over to pick things up from the floor for one week.
- If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

#### **You can expect:**

- Sutures to be removed within 4 - 10 days (unless dissolvable).
- Moderate discomfort, which should be relieved with the pain medications.
- Moderate swelling.
- Black and blue discoloration.
- Possible bloodshot eyes.

**Call the office if you experience:**

- Severe pain not responding to pain medication.
- Significant swelling or obviously more swelling on one side.
- Greater than 50 cc of bloody fluid in the drainage reservoir within an eight-hour period.
- A bright red spot on the bandage which continues to enlarge.
- A Fever.
- Call the office if you have any questions.