



POST-OP INSTRUCTIONS – Face Lift/Neck Lift

After Surgery:

Apply cold compresses continuously to the cheeks and eyes. Frozen peas work best in a 20 minute “on-off” intervals for the first 3 days.

If you have nausea when you arrive home, please use an anti-nausea pill that will be prescribed ahead of time. Sleep with your head elevated at approximately 35 degrees for the first 7-10 days following surgery.

The dressings that are wrapped around your head will stay on until your first postoperative visit. Make sure that you have a follow-up appointment time before you leave the surgery center. If suction drains are used, they will be removed at the time of your appointment. At your first post-operative appointment, we will review the following instructions with you. You will not begin these until your dressings have been removed.

You will need to clean the incisions with a Q-tip and Peroxide 3-4 times a day. This will help release crusting. Never pick any crusts especially if your facelift was done in conjunction with laser resurfacing.

Each time after cleansing with Peroxide, apply Bacitracin ointment to each incision.

You will have additional post-operative appointments 3-to-5 and 8-to-10 days after surgery.

Continue to take the antibiotics given to you pre-operatively until your prescription is completed.

Pain medications are prescribed for “as needed only.” We recommend that you stop taking them as soon as possible, or use the mildest prescription. This will aide in quicker ambulation and recovery.

WHEN USING A HAIR DRYER PROTECT THE LATERAL FACE WITH YOUR HAND OR USE A COOL SETTING-THIS AREA WILL BE NUMB FOR SEVERAL WEEKS AND YOU COULD INJURE THE TISSUE WITHOUT YOU FEELING IT.

Vigorous exercise is not recommended for approximately 4 weeks. However, after your dressings are removed, you are encouraged to get up and walk around.

We will contact you the night of surgery to make sure everything is going well and to answer any questions. If you have any questions, do not hesitate to call the office at 248-322-3362. If you require assistance after hours, please call the paging service at 313-745-0203 and enter pager 0978#. Follow the directions to enter your call back number and they will contact the physician on call and have him/her contact you.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

Patient Signature:

Date:

