

POST-OPERATION INSTRUCTIONS

Face Lift

Post-Operative Instructions:

1. Take your medication as prescribed. The pain medicine may cause constipation so eat a lot of salad or fiber and take the laxative of your choice if necessary.
2. The sutures will be removed on Days 4 and 7. Keeping the **neck position** at 90 degrees (head vertical, not tilted down) is the most important step in your healing process in the first week to 10 days. Also, do not lie on your sides during this time. Your hearing may be decreased due to the ear canal being blocked- please alert the nurse.
3. You must wear the neck compression garment except when showering. This will be worn for 3 weeks as much as possible and then at night for 3 months. The skin of the neck may feel numb for 3 to 6 months and this is normal. If you develop swelling in your face or neck then call the office and let the staff know.
4. Light activity such as walking is encouraged after your surgery. Do not lie still for long periods of time – as you increase your risk of developing a blood clot in the legs. When lying down, have a pillow under your knees and behind your head
- 5.. If you smoke, reduce the amount as much as possible two weeks before and two weeks after surgery. You may use nicotine gum or patches to help decrease or stop smoking.
6. There may be some bruising – this is normal and will gradually resolve one to three weeks following surgery and in some cases can take 4 months to resolve. You will be instructed on massaging of the tissues to help reduce swelling and areas that remain firm. There may be small lumps/bumps or areas of small crusting which will resolve.... If you have concerns please ask about these areas. You may find more hair on the pillow- this is normal and can take up to 3 months to resolve.
7. As part of your post-operative care you need to book for GentleWaves treatments twice a week for the first month- this is a light therapy that takes a minute or two and will improve the rate of wound healing.
8. If you have any concerns please do not hesitate to call the office immediately.
9. Take the nutritional supplements which help with wound healing and speeds up your recovery.