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**FACELIFT**

**POST-OP INSTRUCTIONS:**

* You will have some swelling and bruising post-operatively. The amount is different with every individual. Most of it is resolved by two to three weeks.
* After surgery the skin is very sensitive, and numbness can occur which may last for several months. Some numbness may be permanent. Therefore, NO WARM, HOT OR COLD COMPRESSES should be used directly on the surgical area until you receive further instructions from your surgeon.

**ACTIVITY:**

* Rest at home for 48 hours. No heavy lifting (greater than 10 lbs.) or no strenuous activity (aerobics, jogging, stretching, vacuuming, laundry, etc.) for four weeks. Walking as tolerated is permitted.
* Do not bend the body so that the head is below the waist for two weeks.
* Sleep with your head elevated on two pillows for one week.
* Bathing: You may shower/bathe after your first dressing change. Gently shampoo your hair, washing over the suture lines, but AVOID bending your head forward to wash.
* Do not use mousse, hair gel, or hair spray for two weeks after surgery. Do not color or perm your hair until six weeks after surgery. Do not use a hot air dryer or hot rollers for one month. Use of a blow dryer on LOW setting may be used.
* Do not apply makeup over the suture lines until your sutures are removed.
* Avoid smoking and being around anyone who is smoking for two months.
* Avoid direct sun exposure for a minimum of one year. Use a sunscreen with a SPF of at least #15. Tanning beds should be avoided.
* Sexual activity may be resumed when YOU feel comfortable.
* You may return to work in one to two weeks, depending on your recovery and what type of work you do. This will be discussed with you and your physician at your post-op visits.
* You may not drive while taking prescribed pain medication.

**DIET:**

* Begin with sips of liquids and gradually progress to a regular diet, unless otherwise instructed.

**DRESSINGS:**

* Do not disturb the dressings and keep them dry. They will be removed at your first post-op appointment.
* Empty the drain reservoir and measure and record the amount every eight hours. The doctor will determine when it is to be removed depending on how much drainage there is.
* You will be required to wear a facial support garment you will get at your first post-op appointment. Wear it 24 hours a day for one week, **checking the condition of your skin frequently**. You may remove it only to shower. Then wear it only at bedtime for one to two weeks after.

**MEDICATIONS**

* Take Tylenol or Extra-Strength Tylenol for pain. Do not take aspirin or any medication containing aspirin, unless specified by your doctor.
* Take your prescribed pain medication with food as needed.

It is not uncommon to feel melancholy (emotional) after any cosmetic surgery. Such emotions are usually related to the immediate discomfort, anxiety over appearance such as swelling and bruising, and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual daily activities.

Notify our office immediately if you develop: FEVER GREATER THAN 100 DEGREES, SEVERE PAIN NOT RELIEVED WITH PAIN MEDICINE AND REST, INCREASED SWELLING ESPECIALLY ON ONE SIDE, BLEEDING THAT SOAKS THROUGH YOUR BANDAGES, NAUSEA OR VOMITING. Call our office at (540) 722-2280 if you should have any problems.

I acknowledge that I have read and understand the instructions stated above.

Patient Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_