



# FACELIFT SURGERY

## POSITIONING

It is NOT necessary to sit up or sleep on a recliner

It is important not to flex the neck (point chin down towards the neck) for about a week after surgery. Reading should be done by elevating the material to eye level without flexing the neck

Use preservative free eye drops as needed during the day (Refresh plus or any brand) and at bedtime (Refresh PM or any brand) for 10 days if eyelid surgery was also performed. This can be discontinued when swelling around the eyelid and irritation has diminished.

After 24 hours, you may start washing your face with a neutral or bland soap. A baby soap/shampoo is used if eyelid surgery was also performed, as it will not cause irritation if it accidentally enters the eye. Eye irritation and consequent rubbing of the eyes can disrupt the sutures and breakdown the incision.

Crusting over the eyelids/suture lines is normal and can be gently washed with a little baby shampoo and warm water. You may use a moisturizer on the face but keep it away from suture lines.

You may wash your hair using a mild shampoo/baby shampoo about 24 hours after the procedure. It may take several washings before all crusts are out of your hair.

Do not use hairsprays, conditioners, gels, etc. for 2 weeks after the operation. Hair color should be delayed for 4 weeks after the surgery.

Be careful using a comb or brush as it may get caught in the suture line. Your hair may be blow dried but only in the cool setting!!

Do not apply any cream or ointment containing vitamin E or Mederma over the incision after surgery.

You may walk and climb stairs as soon as you feel fit to do so without any restrictions.

Gradually work back up to pre-surgical activities after three weeks. Strenuous activity can be resumed after 6 weeks.

## **Smoking**

**Do not smoke for at least 8 weeks before and after surgery. Stay away from places where people do. Smoking can slow healing and cause skin breakdown. It can also cause death of tissues.**

## **Sun and heat exposure**

Your surgery will leave a scar and it may take well over a year to fade and blend in with surrounding skin. No matter how small the scar, sunlight can cause permanent darkening of your scar. Sunlight can even go through your clothes. Do not expose your incision/scar to direct sunlight for a year from the time of surgery. Use sunscreen with a SPF for at least 30 when you go out. Wait for 2 weeks from the date of surgery before starting to use sunscreen. Wear a wide brim hat.

Do not use heat of any kind (heat lamp, heating pad, sauna, hot tub, tanning booth) for at least 12 weeks after surgery or permanently if you have areas of decreased sensation around the scars.

## **Other instructions**

For two weeks after surgery, do not use Aspirin, ibuprofen or similar medications. You may use regular or extra strength Tylenol.

You should do breathing exercises for one week after surgery or until you are able to get up and walk around comfortably. This is to prevent pulmonary complications of general anesthesia

## **When to call the office**

Call the office if you are unable to tolerate food or liquids for more than 24 hours; are vomiting for more than 24 hours or become dehydrated even if less than 24 hours.

Call immediately if there appears to be excessive swelling/ a golf ball under the skin like appearance over the neck.

Call the office immediately for a fever of 101F or higher.

Call the office if there is increasing pain, redness, swelling, and warmth or pus drainage at the incision/wound.