

Patient Instructions Following- Face Lift and Neck Lift
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Call the office at 793-0475 the day after surgery to schedule your follow up visit. Normally your first follow up visit is in 5-7 days.

Activity: For the first 24 hours, rest is absolutely necessary. Elevate the head, but do not use a pillow, and talk as little as possible. Sleep in a recliner if possible for the first week.

Dressings: Bulky dressing should be left undisturbed until it is removed by the doctor. A drain may be in place and will be removed in 24 hours by the doctor. An elastic compressive garment will be provided to you and should be worn for six weeks after the surgery. Wearing this garment continuously helps to alleviate swelling and aid in re-adherence of the skin to underlying tissue.

Showering: 48 hours after your bandage and drains have been removed you may shower using a mild baby shampoo to wash your hair. Be gentle when washing around the incisions. Use a good conditioner to rid the hair of tangles. The hair is likely to be more tangled than usual due to bits of blood clinging to the hair. Brushing and blow drying the hair is allowed if performed carefully. The blow dryer should be set on low heat. Remember that the scalp may be numb in certain areas and in this unprotected state could be inadvertently burned. Hair coloring and permanents should be avoided until four weeks from the time the sutures are removed.

Pain Control: Narcotic pain medication may have been prescribed for you and may be taken as needed the first couple days then switch to Aleve or Advil to help with pain control. Avoid alcohol use when taking narcotic pain medication.

Driving: You can resume driving 48 hours after surgery, when you can safely move your head and you have adequate visual fields. You should not take narcotic pain medication and drive.

Exercise: Begin walking 24 hours after surgery to help prevent blood clots. Activity should be kept to a minimum, avoiding any excessive bending over, pushing, pulling, jogging or heavy lifting. Over the next two weeks, exercise may be gradually increased. There should be no strenuous activity as this may increase facial swelling and compromise the final result. After about three weeks, exercise may be increased incrementally until the normal routine is recognized at six weeks. Judgment must be used. Expect the more you do the more you will swell. Not all patients heal alike.

Call the office at 793-0475 if any increasing swelling or bruising persists for several days, increasing redness, drainage or odor occurs along the incision, severe or increased pain days after surgery is unrelieved by pain medication, an oral temperature over 100.4 degrees, bleeding that is uncontrolled with light pressure, any nausea, vomiting, rashes or headache caused by medications.