



POST-OPERATIVE CARE

FACELIFT SURGERY

These are the specific instructions for your facelift. Please read them together with your General Post-Operative Instructions, which apply after every surgery. If you have questions, call the office at (410) 266-7120.

Caring for the Area & Daily Activity

- ◆ You may shower and gently wash your face and hair on Day 2.
- ◆ Apply ice packs to the cheeks and jawline for the first 3–4 days to reduce swelling and bruising.
- ◆ Keep your blood pressure down after surgery; if you have a history of high blood pressure, monitor it at home and report elevated readings.
- ◆ Sleep with your head elevated and avoid straining or turning your neck sharply.
- ◆ Avoid coloring, perming, or chemically treating your hair for 4–6 weeks.
- ◆ No HOT or WARM compresses to the surgical area.
- ◆ 1-2 drains may be required.
- ◆ You will be instructed when you may shower and shampoo your hair after surgery, most likely beginning two days after surgery.
- ◆ DO NOT USE A HOT DRYER ON YOUR HAIR.
- ◆ If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

You can expect:

- ◆ Swelling and bruising of the face and neck for about 2–3 weeks.
- ◆ Tightness and numbness of the cheeks and neck that can last weeks to months.
- ◆ Firmness or small lumps under the skin that soften over time.
- ◆ Temporary numbness of the ears.
- ◆ Sutures to be removed within 7 – 10 days.
- ◆ Possible bloodshot eyes.

Call the office if you experience:

- ◆ Significant swelling or obviously more swelling on one side.
- ◆ Greater than 50 cc of bloody fluid in the drainage reservoir within an eight-hour period.
- ◆ Bleeding on the bandage which continues to enlarge.

As time goes by and you are healing, the following guidelines apply:

- ◆ Swelling, bruising and soreness is typically gone within 2 – 3 weeks.
- ◆ You may color or bleach your hair 4 weeks after surgery unless otherwise instructed.