



Post-Operative Instructions for Facelift Surgery

Immediately After Surgery

1. Rest and Recovery:

- a. Plan to rest in a comfortable position with your head elevated at a 30-45 degree angle to minimize swelling and bruising.
- b. Avoid bending over or any activities that increase pressure in the face for at least 7 days.

2. Dressings and Bandages:

- a. Keep your dressings in place as directed by your surgeon.
- b. Do not remove bandages or drains (if present) unless instructed to do so during your follow-up appointment.

3. Ice Packs:

- a. Apply cold compresses gently to reduce swelling but avoid direct pressure on the surgical sites.

4. Medications:

- a. Take prescribed medications, including pain relievers and antibiotics, exactly as directed.
- b. Avoid aspirin, ibuprofen, or other blood-thinning medications unless approved by your surgeon.

Wound Care

1. Keep the Area Clean:

- a. Follow your surgeon's instructions for cleaning incisions, typically with a gentle cleanser or saline solution.
- b. Do not apply any creams, ointments, or makeup to the incision sites unless approved by your surgeon.

2. Avoid Irritation:

- a. Do not scratch or pick at scabs or peeling skin.
- b. Wear loose-fitting clothing that does not require pulling over your head.

Activity Restrictions

1. Physical Activity:

- a. Avoid heavy lifting, bending, or strenuous activity for at least 2 weeks.
- b. Light walking is encouraged to promote circulation and reduce the risk of blood clots.

2. Facial Movements:

- a. Minimize excessive facial expressions, chewing, or yawning for the first week.

3. Sleeping Position:

- a. Sleep with your head elevated using extra pillows or a wedge pillow for at least 2 weeks.
- b. Avoid sleeping on your side or stomach to prevent pressure on your face.

4. Sun Protection:

- a. Avoid direct sunlight on your face and incisions. Use a broad-spectrum sunscreen with SPF 30 or higher once approved by your surgeon.

Swelling and Bruising

1. Normal Recovery Signs:

- a. Swelling, bruising, and mild tightness are common and will gradually improve over 2-3 weeks.

2. Massage (If Recommended):

- a. Your surgeon may recommend gentle lymphatic drainage massage to reduce swelling and improve healing.

Dietary Guidelines

1. Stay Hydrated:

- a. Drink plenty of water to support healing.

2. Soft Diet:

- a. Eat soft, easy-to-chew foods during the initial recovery phase to avoid excessive jaw movement.

3. Avoid Alcohol and Smoking:

- a. Do not consume alcohol or smoke for at least 2 weeks, as these can impair healing and increase the risk of complications.

Follow-Up Appointments

1. Initial Follow-Up:

- a. Attend your first post-operative appointment as scheduled (usually 1-3 days after surgery).

2. Stitch Removal:

- a. Stitches are typically removed within 5-10 days, depending on your surgeon's recommendations.

3. Ongoing Check-Ins:

- a. Regular follow-up visits will monitor your progress and address any concerns.

When to Contact Your Surgeon

Contact your surgeon immediately if you experience:

- Excessive bleeding or drainage from incision sites.
- Severe pain unrelieved by prescribed medications.
- Signs of infection, such as fever, redness, warmth, or pus.

- Sudden swelling or asymmetry in the face.
- Difficulty breathing or chest pain (seek emergency care immediately).

Long-Term Care and Results

1. Scar Management:

- a. Use scar creams or treatments as recommended by your surgeon to minimize the appearance of scars.

2. Final Results:

- a. It may take several months for swelling to fully subside and the final results to become apparent.

3. Maintenance:

- a. Maintain a healthy lifestyle and skincare routine to prolong the benefits of your facelift.