

POST OPERATIVE INSTRUCTIONS MINI FACE/NECK LIFT

AT HOME AFTER SURGERY:

- 1. Elevate head at all times. Avoid turning head from side to side. To turn, move head and shoulders together. No lifting or bending over.
- 2. Get out of bed with help. It is not good to lie still in bed, so move your feet and legs a couple of times every hour while you are awake.
- 3. A liquid diet is best for the day of the surgery. Begin by taking liquids slowly and progress to soups or JELL-O®. You can start with a light diet the next day.
- 4. You may have drains in place after surgery; if so, instructions will be given.
- 5. You can expect some swelling of the face and eyes after surgery. Call if swelling on one side is definitely more pronounced or harder than the other side; or if you are having pain which is not relieved by pain medication.
- 6. Remember: **DO NOT SMOKE**, or be around smoke.
- 7. While bandages are on, do not fall asleep in a chair.

OTHER POST-OPERATIVE INSTRUCTIONS:

- 1. Discourage visitors and keep facial movements (smiling, talking, chewing, yawning, etc.) to a minimum for the first few days.
- 2. You will return to the office every few days to have bandages, stitches removed. Wear your scarf.
- 3. After bandages are removed, you may begin to shower. Wash your hair gently with shampoo and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of hair. Do not use hairsprays, conditioners, gels, etc. You may wash your face gently with a bland soap (Dove, Neutrogena, etc.). You may use a moisturizer on your face, being careful to keep it away from the stitch lines.
- 4. After showering and washing your face, use any type of antibiotic ointment on the incision line (Neosporin, Triple Antibiotic Ointment) twice per day.
- 5. Makeup may be applied immediately, but do not get it near the stitch lines until two days after the stitches have been removed.
- 6. Normal activities can be gradually resumed after two weeks. You may resume exercise after four weeks.
- 7. The skin of your face is sensitive to sunlight after surgery. Protect your facial skin with sunscreen (SPF - 15 or greater). Sauna and steam baths should be avoided for four weeks following surgery.
- 8. Wear your neck/face compression garment 24 hours/day except when you go out in public or go to work.

GENERAL INFORMATION:

- 1. Swelling and bruising will almost always be more than you expected. Bruising generally subsides in seven days. Most of the swelling subsides in two weeks. It will continue to improve for two to three months.
- 2. The scars have a tendency to redden and become more noticeable a few weeks after the surgery. However, the redness will fade with time.

- 3. Numbness of the scalp is common. Often this begins to return in six weeks but may take six to nine months to improve.
- 4. Discoloration of the whites of the eyes may occur if there's a lot of swelling. This is painless, will not harm your vision and will disappear completely.
- 5. Arnica and Bromelain reduce swelling and bruising and can be found in natural food/nutrition stores. We also sell a product called Arnica Forte here in our office which is a combination pill, you can begin taking two days before surgery.