

# **POST-OP INSTRUCTIONS FOR FACELIFT/BROWLIFT SURGERY**

## **CARE OF INCISIONS**

- Gently clean incisions with hydrogen peroxide soaked Q-tips and then apply a thin layer of antibiotic ointment with a Q-tip 3 times a day (or more if needed) until otherwise instructed (approximately 1-2 weeks).

## **ACTIVITY**

- Do not ice cheeks or neck unless instructed to so by your doctor.
- You may shower (USING WARM, NOT HOT WATER) and may gently wash hair with gentle shampoo the first day after surgery. Avoid direct spray of water on the face or around the incisions.
- Keep upper body elevated following surgery. Sleep on back and elevated 30-40 degrees. Sleeping in a recliner is ideal. Sleep elevated for approximately 2 weeks and on your back for approximately 2 months.
- Avoid straining or any activity that causes a feeling of pressure in the face and neck. No bending.
- Check with your doctor before resuming any physical activities (including driving).
- AVOID STRETCHING INCISIONS. (rubbing face, sleeping on incisions, stretching neck, etc.)
- Talking on the phone should be limited for the month following surgery (Pressure from the receiver can affect healing and increase pain).
- Avoid sun exposure as much as possible. Wear sunblock (of at least SPF 30) and a hat when in direct sunlight.
- Check with your doctor before wearing earrings.

## **DIET**

- Begin with bland foods (clear liquids, broths, etc) and advance as tolerated.
- Resume a well-balanced diet including protein and high fiber foods.
- Avoid alcohol, nicotine, and caffeine for these will dramatically slow the healing process.
- Increase fluids such as water and fruit juices (with the exception of citrus fruits) the day of surgery.

## **MEDICATIONS**

- Take antibiotic as directed by your prescription (on medication bottle).
- Take pain medication as directed (avoid driving or consuming alcohol while taking prescription pain medicine).
- If pain is mild, you may take only extra strength Tylenol per manufacturers directions. Do not take any products containing ibuprofen (including Advil, Midol, etc) in place of pain medicine.
- Take stool softener as directed beginning the evening of surgery.
- Occasionally, you may encounter a sore throat due to anesthesia. Lozenges, such as Cepacol, will relieve this discomfort.
- Please check with your doctor before resuming any medications taken on a regular basis.

## WHAT TO EXPECT

- There may be some numbness of the ears, cheeks, and scalp with perhaps a feeling of tightness that will improve with time.
- Some bruising and swelling is normal as well as a small amount of oozing along the incisions. Some lumps, uneven swelling and irregularities may be noticed. However, they will resolve over time during the healing process. You will continue to improve up to one year after surgery. Please notify us if you are experiencing severe swelling and any changes in color of the skin along the incisions.
- Occasionally a patient will run a low fever (about 100 degrees). Please notify us if it persists longer than 24 hours or if it goes higher than 100 degrees.
- Some mild nausea or vomiting is not uncommon the first 24 hours following surgery. Please notify us if you are experiencing severe nausea and vomiting and are unable to keep liquids down.
- Many patients have some periods of discouragement or mild depression after cosmetic surgery. It is natural to be concerned when your face is swollen and bruised.
- Resuming social activities and returning to work depend upon the level of physical activity and public contact you require, as well as the swelling and bruising you may develop. The average patient goes back to work or social activities in 7 to 14 days. A professional make-up consultant is available through the Aesthetic Specialty Centre to assist you in your recovery and after complete healing. You may schedule an appointment once your doctor has approved your healing state.
- After all stitches have been dissolved or removed, the scars may appear a deep pink color. There will be a varying amount of swelling in and around the scars themselves. With the passage of time, the pink will become white, the firmness of the scar will soften and they will become less noticeable. Often, part of the incision is hidden in the ear and this will not show at all. Each individual varies with respect to healing, but it takes approximately one year for these changes to occur in most scars.

**\*\*Please do not hesitate to call us at 770.393.9000 for any questions or concerns.**