

Face Lift

POST-OPERATIVE INSTRUCTIONS

1. Have someone drive you home after surgery and help you at home for 1-2 days.
2. Get plenty of rest.
3. Take pain medication as prescribed. Do not take aspirin or any products containing aspirin unless approved by your surgeon.
4. Do not drink alcohol when taking pain medications.
5. Drink plenty of water.
6. Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES:

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 2 weeks. (Walking and mild stretching are fine.)
- Return to work in 14-21 days.

INCISION CARE:

- If drainage tubes have been placed, you may shower 24 hours after removal.
- Avoid exposing scars to sun for at least 12 months.
- Always use a strong sunblock, if sun exposure is unavoidable (SPF 30 or greater).
- Keep incisions clean and inspect daily for signs of infection.
- Keep head elevated; sleep with head on 2 pillows.
- Do not use hair dye or permanent solution until approved by your surgeon.
- You may use cold compresses for comfort and to help decrease the swelling.
- Hair is generally shampooed on the 3rd postoperative day. The area of sutures must be washed gently but thoroughly each time.
- Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- You may use makeup after the sutures are removed; new facial makeup can be used to cover up bruising, but not on the incisions. It is important to gently remove all makeup.

WHAT TO EXPECT:

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, swelling, numbness, tightness and tenderness of skin for 10-14 days or longer.
- You will be sent home wearing a facial compression dressing. This provides compression and support.
- You may experience tightness in the neck and difficulty swallowing for 1-2 days. May also have difficulty turning side to side for 1-2 months.
- Skin may feel dry and rough for several months. Hydrating moisturizer is recommended after 1 week.
- Face may look and feel strange and be distorted from the swelling.
- Men have a need to shave behind their ears, where beard-growing skin is repositioned.

APPEARANCE:

- Pale, bruised and puffy face for several weeks.
- Wearing scarves, turtlenecks and high-collared blouses masks the swelling and discoloration.
- By the third week, you will look and feel much better.
- Final result is not fully realized for approximately 6 months.

FOLLOW-UP CARE:

- Sutures are usually removed from in front of the ear in 3-5 days.
- Remaining sutures and metal clips, if used, are usually removed in 1-2 weeks.
- If a drainage tube was inserted, it will be removed in 1-2 days.

WHEN TO CALL:

- If you have increased swelling or bruising.
- If you have increased redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting.
- If you have an oral temperature over 100.4 degrees.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

For Medical Questions...

Please call us at (317) 325.2699 Monday-Friday, 8 a.m.- 4p.m. For after hours and on weekends, call the hospital operator at (317) 462.5544 to have Dr. Amde paged.