



Postoperative instructions for Facelift surgery

Instructions for after your surgery

- Have someone drive you home after surgery and stay with you at home for 1-2 days.
- Get plenty of rest and follow balanced diet.
- Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake.
- Do not take aspirin or any products containing aspirin until approved by your surgeon.
- No alcohol for several weeks as it causes fluid retention.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- Wear your compression garment 24/7 for the 2 weeks. After the second week we recommend you continue to wear the garment while at home for an additional 2 weeks. You may take it off when you go out. The length of time you may need to wear the garment varies by individual surgeon. Ask your provider for specific instructions.

What should my activity level be?

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive for 2 weeks post-operatively.
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 6 weeks. (Walking and mild stretching are fine.)
- Return to work in 4 weeks.



Postoperative instructions for Facelift surgery (continued)

How do I take care of my incision?

- If drainage tubes have been placed, you may shower 48 hours after removal.
- You may bathe 48 hours after surgery. Avoid steam baths and saunas for several months.
- 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 steri-strips on.
- 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. If you plan to color/highlight your hair, please do this 1 week prior to surgery as you will not be able to color/highlight until 8 weeks post-operatively.
- You may use cold compresses for comfort and to help decrease the swelling.
- Hair is generally shampooed on the 2nd postoperative day. The area of sutures must be washed gently but thoroughly each time.
- Avoid use of hairdryers or curling irons as you will not have sensation in the affected 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.

How should I expect to feel?

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Bruising, swelling, numbness, and tightness and tenderness of skin for 10-14 days or longer.



Postoperative instructions for Facelift surgery (continued)

- You will be sent home wearing a compression garment. This provides compression and support.
- You may experience tightness in the neck and difficulty turning side to side for 1-2 months.
- Skin may feel dry and rough for several months.
- Face can 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.

What will it look like?

- 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.

What follow-up care will I receive?

- Your 1st postoperative appointment will be within 24 hours after surgery.
- 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 should I call my doctor?

- If you have increased swelling or bruising.
- If swelling and redness persist after a few days.



Postoperative instructions for Facelift surgery (continued)

- 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.
- If you have loss of feeling or motion.

Who should I call if I have questions?

Monday - Friday, 9:00am – 5:00pm:

- Call: (646) 943 6042 to make a follow-up appointment

After hours and on weekends:

- (646) 943 6042
- (347) 767 6653

How do I manage my pain?

- Prior to your surgery, pain medication will be prescribed by your Primary care physician or referring physician.
- To establish yourself with a primary care physician **prior** to your surgery, please schedule an appointment with the new primary care physician.
- After having surgery, it is expected you will experience some pain even with pain medication. This is a normal part of recovery.
- You will be provided a prescription for pain medicine that will last until your first return post-op visit.
- At your first post-op visit, your pain will be evaluated and addressed accordingly



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Postoperative instructions for Facelift surgery (continued)

- Acute Pain management for major surgery's is typically 6 to 12 weeks
- Acute pain management for minor procedures is typically 7-10 days
- You may not drive while you are taking narcotic pain medication or otherwise instructed by Doctor Magana.

Managing Prescription Refills:

- Please call the clinic at **646 943 6042** for medication refills.
- Messages received after hours or on the weekend will be processed the next business day.
- Please allow 24 hours or one business day to have your request reviewed by your surgical team.

Disclaimer: This document contains information and/or instructional materials for the typical patient with your condition. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.