



LIFE
AESTHETIC CENTER
FACELIFT

Postoperative Instructions

- The face or areas of surgery may be swollen and discolored for one to two weeks after surgery. Notify us if marked swelling, discoloration or pain occurs.
- Apply ice packs to cheeks as often as possible, 30 minutes on and 30 minutes off, for 48 hours. This will be soothing and help reduce swelling and bruising.
- Elevate your head at 30 degrees for three days, longer if tolerated. The greater the elevation, the better.
- Take pain medications as necessary and instructed. Call us if pain is excessive.
- No aspirin, Motrin, Advil or aspirin-containing products for two weeks prior and two weeks after surgery. Extra-strength Tylenol is fine.
- For the first day or two, a liquid or soft diet is desirable.
- After dressing removal by the doctor or his assistant, you will need to clean the incision lines at home. Do this gently with hydrogen peroxide and a Q-tip. This will help to soften any crusting that may form. After cleansing the area, apply a light layer of antibiotic ointment, Vaseline, or Aquaphor.
- Maintain neck and cheek support with the “jaw-bra” continuously for 5 days and then for 10 days during the night. The “jaw-bra” will be given to you at the appropriate post-operative appointment.
- Gentle hair washing is permitted after 3 days. A hair dryer may be used on a **COOL** setting (not warm or hot), but it is preferable to let the hair dry naturally or gently pat with a towel.
- Avoid direct sun exposure for at least 6 weeks postoperatively. When outside wear a sunblock of at least 30 SPF. Incidental sun exposure matters, so it is a good to get in the habit of wearing sunscreen daily to avoid inadequate protection.
- Rest the week after surgery. Avoid excessive activity for one month. Exercise may resume at 3 to 4 weeks with moderation and gradual progression.
- Hair coloring is permitted one-month post-surgery.
- Special Instructions: