

Daily Care

1. Go over your **suture** lines in front of and behind your ears 3 times daily with peroxide on a q-tip around the front and back of your ear. Dry with a q-tip. Then apply a small amount of Bacitracin Ointment with a q-tip.
2. Do **not** do the above on the stapled incisions.
3. You may **wash your hair 2 days** after your facelift. Use the Neutrogena shampoo as instructed. Comb your hair with a large toothed comb. You may use a hair dryer to dry your hair, but it must be set on the cool setting.
4. Continue to **wash your hair daily** using the Neutrogena shampoo.
5. **Do not** wash your hair the day of suture or staple removal.
6. **Sleep** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately 10 days to minimize bruising and swelling.
7. Wear your **chin sling** at all times for the first week. You may wear it under your cold wrap. You may take it off to shower. Then wear it only at bedtime for the second week.
8. **Eat** soft foods for 1 week. i.e. (Jell-O, pudding, mashed potatoes) Chewing can cause increase in pain and swelling.
9. **Talking** should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.
10. Take the **pain medicine** prescribed as needed or Extra Strength Tylenol as needed.
11. Continue taking your **antibiotic** as prescribed until it's finished.
12. You may take the **sleeping pill** prescribed as needed.
13. **To avoid an upset stomach.** Eat something before taking any medication.
14. Do not use **make-up** for the first four days, then for another week avoid make-up directly on the healing incisions.

DIANA PONSKY
— MD FACS —
FACIAL · PLASTIC · SURGERY

**3700 Park East Drive,
Suite 160
Beachwood, OH 44122**

**Phone: 216-508-4055
Fax: 216-342-5283**

Email: info@drdianaponsky.com

www.drdianaponsky.com

DIANA PONSKY
MD FACS
FACIAL · PLASTIC · SURGERY

Post operative instructions for Facelift.

Introduction

The following instructions are based on experience with many face lift operations. They will answer practically every question that may arise regarding the “do’s” and “don’ts” after surgery. You and your family should read them several times so that you may become thoroughly familiar with them. Attempt to follow them faithfully. Those who do so generally have the smoothest postoperative course; this, of course, favors proper healing.

Post operative instructions

Things to expect

1. **Swelling** of the surrounding tissues. Swelling may become a little greater the second day or third day after surgery. You may feel “Pulled or tight”. It is not unusual for one side of the face to be more swollen than the other.
2. **Discoloration or bruising** of the surrounding tissues is normal. The bruising may be greater on the second or third day. It usually does not last more than 2 weeks.
3. There is usually little **pain** following a facelift, but any pain may become worse at night or when you become anxious or nervous. Take the pain medicine prescribed or Tylenol as needed.
4. Occasionally, **crusting** will occur around the sutures. Do not try and remove this yourself. This is normal and will resolve. Showering daily will minimize crusting.
5. You may experience some **weakness or dizziness**. This generally will clear up after a few days. **Be sure to drink plenty of fluids.**
6. You may experience a period of **mild depression** after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is a temporary condition.
7. Parts of the face, neck and ears sometime feel weak or “numb” after the facelift operation, but this is temporary. You may feel some lumpiness in your cheeks and neck. This is normal and will resolve within in a few weeks.
8. You may experience some sharp shooting pain or itching during you healing process. This is normal and will resolve in a few weeks.
9. There may be transient thinning of the hair in the areas adjacent to the suture lines in the temple and behind the ear. This is also normal and will resolve itself.
10. You may be up and around the house without performing any strenuous activities.
11. You should wear clothing that fastens in the front for one week. **Do not wear clothes that have to be pulled over the head.**
12. After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Each individual varies with respect to healing.

Things to avoid

1. Avoid turning your head. When you must turn, move the shoulders and head as one unit.
2. Avoid bending over or lifting heavy objects for 1 week.
3. Avoid hitting or bumping your face and neck.
4. Avoid straining on the toilet; you may take a laxative if needed. Any over the counter stool softener will do.
5. Avoid direct sun exposure to the face for one month.
6. Do not have your hair colored for 4 weeks after your surgery.
7. Do not tweeze the eyebrows for one week.
8. No swimming, strenuous athletic activity or exercises that involve turning the head for 4 weeks.
9. Do not drive for 10 days. Do not drive while taking any sedative or pain medications.
10. Do not try to remove the sutures or staples yourself.

Resuming Activities

1. **Glasses** may be worn as soon as the bandages are removed. Wear glasses over chin sling. Contact lenses may be inserted the day after surgery. Unless you have had eyelid surgery as well.
2. **Wash the face** gently with a mild soap or cleanser twice daily after the first week, using a gentle upward motion.
3. **Returning to work** depends on the amount of physical activity and public contact your job involves and also the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 1-2 weeks after surgery. There is some individual variation regarding the time one returns to work.

Things to report

1. Report any excessive bleeding that persists after applying pressure for 20 minutes.
2. Report any signs of excessive swelling and/or pain.
3. Avoid hitting or bumping your face and neck.
4. Report any signs of infection such as excessive swelling, redness, sudden increase in pain or drainage, elevation in temperature, greater than (100.3 degrees).
5. Report development of any drug reaction. (Rash, hives or itching)

Your first office visit

A few of the skin sutures may be removed and the progress of your healing will be checked. Removing sutures is quick and uncomplicated because it is done with small delicate instruments to minimize discomfort. Subsequent office visits for 1 year are important in order to monitor proper healing.

Most of all be patient during the healing process. If you have further questions, you are urged to call us.