

Postoperative Instructions **Facelift and/or Browlift**

1. Sleep on your back with your head elevated 30-45 degrees; use two pillows for 4-5 days after surgery
2. Take only prescribed medication or Tylenol for pain control. Do not take Aspirin or Aspirin containing products for pain.
3. It is important to maintain fluid intake after surgery. Meals should consist of liquids first and progress to a full diet as tolerated. You may be nauseated due to medications, start slowly.
4. We will see you the day after your surgery to change your dressing.
5. You may bathe the day after surgery. Avoid getting your head dressing wet.
6. Your dressing will be removed 5 days after surgery. We will either see you in the office or instruct you how to remove them. After the dressings are removed, you may shower and wash your hair. Let the water run through your hair to remove the old blood and surgical prep soap. You may use a gentle shampoo. Do not let the force of the shower beat directly on your face. Be careful not to pull out sutures or staples while washing or combing your hair. Do not blow dry your hair.
7. We will see you 7-8 days after surgery to remove a majority of your sutures and staples.
8. Liposuction of the neck is often done in conjunctions with a facelift/browlift. If this is the case, you will be instructed to wear an Ace bandage after the gauze bandages have been removed.
9. Clean incision lines gently with hydrogen peroxide solution (1 part water and 1 part peroxide) and Q-tips. Clean the incision 2-3 times a day.
10. Avoid bending over, heavy lifting and strenuous activity for 4 weeks. At 4 weeks you may begin walking and light exercise gradually working up to a normal routine by 6 weeks.
11. Avoid direct sun for 6 months. After this period, use sunscreen with an SPF of at least 15 if you are in the sun for prolonged periods.
12. Postoperative depression is not uncommon after cosmetic surgery. Such depression is usually due to the immediate postoperative discomfort, anxiety or appearance (swelling and bruising) and limitation of activity and socialization. These feelings will disappear as your appearance improves and you return to your usual activities.

Should you have any further questions, please contact our office.