



FACELIFT POST-OP INSTRUCTIONS

- TO REDUCE SWELLING:** When sleeping during the first week post-surgery, keep your head and shoulders elevated about 30 degrees using 2-3 pillows. Do not bend at your waist thus allowing your head to drop below the level of your shoulders. Refrain from any lifting or straining during this first week. Minimal talking or laughing is recommended for 24-48 hours post-op.
- BANDAGES:** The large bandage on your head and face is usually removed on your first follow-up visit the day after surgery. Once this bandage is removed, a soft cervical collar (commonly known as a “whiplash” collar) should be worn for 1-2 weeks continuously, then nightly as tolerated for another 3-4 weeks. This provides comfortable support for your neck and aids in more rapid healing.
- ICE:** For the first 24-48 hours, light, soft ice packs (or bags of frozen peas) may be applied to the midface and eye areas for up to 20 minutes of each hour, while awake.
- MEDICATIONS:** Take all medications as instructed.
- ACTIVITY:** The first night after surgery, bed rest with a small amount of walking is allowed. Do not turn your head to the side. When looking left or right, turn the whole body for 3 weeks after surgery. Avoid strenuous exercise for a minimum of 3 weeks. Avoid swimming for 4-6 weeks. Avoid direct contact with the sun and use a sun block of SPF 30 or higher.
- WOUND CARE:** Starting 48 hours post-op, wounds on the face and behind the ears can be cleaned by gently rolling q-tips soaked in hydrogen peroxide over the suture lines. This gently removes any crusting and dried blood. This cleaning should be done twice per day until there is no longer any dried blood or crust. Starting 4th or 5th day post op, bacitracin or polysporin ointment should be applied to the suture lines after cleaning.
- DIET:** You should have liquids only for the remainder of the surgery day. A regular diet may be resumed the day after surgery, as tolerated.
- SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wounds. Any marked increase in discomfort, increase in redness, or drainage from the wounds should be reported to Dr. Macdonald immediately as this may indicate an infection.
- QUESTIONS:** Should you have any questions or concerns, Dr. Macdonald is always available. Please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald’s contact number or call coverage arrangements are indicated on the office voicemail.