

# Michael R. Macdonald, MD

BOARD CERTIFIED FACIAL PLASTIC SURGEON



Aesthetic Surgery & Skin Rejuvenation

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## **MIDFACE MINI LIFT (Also Known As SUSPENSION CHEEK LIFT)**

**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 as well.

**BANDAGES:** No outer bandages are usually needed. Sutures and staples that are not dissolvable are removed in 6-8 days post-op.

**ICE:** Icing reduces both bruising and swelling. Apply ice at least 20 minutes per hour, while awake, for the first 48-72 hours.

**MEDICATIONS:** Take all medications as instructed.

**ACTIVITY:** Avoid sudden movements of your head to either side for 2-3 weeks post-op. The first night post-op, bed rest with a small amount of walking is allowed. No bending, stooping, or straining is permitted for 7 days. Avoid strenuous exercise for 3 weeks minimum and swimming for 4-6 weeks. Avoid overheating and over exertion.

**WASHING/BATHING:** Within 48 hours post-op, you may gently wash your face, but always in an upward stroking fashion. Lukewarm sponge baths are permitted immediately after surgery, but showers only after 2 days. Hair may be washed 2-5 days after surgery with a mild shampoo.

**DIET:** Only liquids should be taken for the first 6 hours after surgery. A soft foods diet should be followed for 7 days. A normal diet may be resumed thereafter.

**SIGNS OF INFECTION:** You should notice a gradual reduction in discomfort from the wound. A marked increase in discomfort, increase in redness, or temperature greater than 100.5 should be reported to Dr. Macdonald immediately.

**QUESTIONS:** Should you have any questions or concerns, please contact the office. If voicemail picks up or it is after hours, Dr. Macdonald's mobile contact number or call coverage arrangements are indicated.