

Post-Operative Instructions for *Facelift*

Before Surgery

- Do not take any ibuprofen containing products for 2 weeks prior to surgery. Acetaminophen/Tylenol is safe.
 - You should have a friend/family stay with you for 24- 48 hours after surgery.
 - Wear comfy clothes, wear a shirt that buttons down the front so it is easy to get on/off.
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After Surgery

- You will have a wrap on your head for the first 24-48 hours as well as 1-2 drains. These will come out in the office.
 - Keep your head elevated on pillows, be careful bending down.
 - Gentle movements of the head/neck to prevent bleeding
 - Once your dressing is removed in 1-2 days, you can shower normally.
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Activity

- Do not lift anything >5 pounds.
 - Keep your head up, do not bend down.
 - No makeup for 2 weeks. No heavy exercise (straining/sweating) for 6 weeks.
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Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery.
 - You do not need any additional antibiotics.
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What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2 weeks.
 - You may feel hard spots under your skin as the swelling comes down, that will resolve with time.
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Follow-Up

- You will see Dr. Clain 1 week and 2 weeks after surgery. Half of your sutures will be removed at each visit.
- It takes 6-12 months to see your final result.