



Facelift/Necklift Instructions

The day of surgery

1. Please arrive about 08:00 the morning of your procedure unless otherwise instructed.
2. Wear comfortable clothing that does not have to be removed over your head.
3. You will not be able to drive the day of your surgery. Someone must drive you to and from the surgical center.
4. Do not wear makeup that day. Wash your hair the morning of the procedure or the night before.
5. Wash your face and neck the morning of the procedure.
6. Take only prescribed medication. If you are on any regular medication ask us if they should be continued.
7. Make arrangements for a friend or relative to stay with you the night after surgery.
8. Bring sunglasses and a large scarf to the surgical suite to be worn when you leave the facility.
9. Contact lenses should not be worn the day of surgery and for 5 days after surgery
10. Nothing to eat or drink (not even water) after midnight the night before surgery, except for the required medication with a small sip of water.

Instructions after surgery

1. Eat a light meal and take your medication as indicated.
2. Sleep on your back with the head elevated by 2 or 3 pillows and the chin elevated.
3. There will be swelling around the eyes and cheeks.
4. Apply cold compresses for 15 minutes every 2 to 4 hours.
5. Maintain moderate activity, you may be up and around, sitting, standing and walking.
6. You may sleep on your back or side to side. Avoid sleeping face down.
7. Excessive activity, telephone calls and visitors should be kept to a minimum for several days after surgery.
8. Moisturizing creams may be applied to the facial skin 24 hours after surgery. Avoid putting the substance on the suture line except ointment directed by the physician.
9. Protect the facial skin from damaging sunlight using a sun block.
10. Your new appearance. Chances are excellent that you'll be happy with your face-lift, especially if you realize that the results may not be immediately apparent. Swelling will take time to disappear and the skin may feel dry and rough for several months. Men may find they have to shave in new places, behind the neck and ears, where areas of bear growing skin have been repositioned. The scars from the face-lifts will usually be well hidden by hair or in the natural creases of the face and ears.
11. Change dressing every day and replace gauze as needed
12. APPLY OINTMENT TO WOUNDS 2-3 TIMES A DAY TO MINIMIZE CRUSTING

Having a face-lift doesn't stop the clock. You will continue to age but years later you'll continue to look better than if you'd never had a face-lift at all.

Things you must not do.

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1. Do not use a blow dryer unless set on cool air only.
2. Do not bend down to pick up objects; bend your knees to get down.
3. Do not perform strenuous exercise for two weeks.
4. Do not drink alcoholic beverages for at least one week. Alcohol tends to increase swelling and the chance of bleeding.
5. Do not use any tobacco product 2 weeks prior and 3 weeks after surgery. Tobacco retards wound healing and could possibly cause other complications. Nicorette gum and nicotine patches can not be used.
6. Do not keep your head down for long periods of time. This increases swelling. When you bend, bend at the knees.
7. Do not bend your neck down so that your chin touches your chest.
8. Always keep your chin up high so that the neck is stretched and drainage is improved.
9. Do not apply hot water, cold water or ice directly to the facial skin.

During The First Week

1. Stitches will be removed during the first week.
2. Eat soft foods, which do not require vigorous chewing. Gradually resume your normal diet over the next 2 or 3 days.
3. You may gently wash your face and neck. Use lukewarm tap water.
4. On the second day after surgery begin shampooing with your fingertips gently removing the scabs and continue daily for the next 10 days.
5. You may comb yourself with a wide tooth-comb without touching the scalp in the area of the stitches. Do not use a brush.
6. You may wear make up immediately (unless a chemical peel was done at the same time), but not on the incision for 2 weeks.
7. You may drive one week after surgery, if you feel comfortable doing so.

During The Second Week

1. Full makeup can be applied 2 weeks after surgery.
2. You may return to your hairdresser, but be cautious; your ears, cheeks and neck may be numb for as long as 6 months following surgery. If you sit under a professional hood dryer, make sure it's on the comfort, or cool, setting. If it is too hot, you could be burned and not be aware of it. Until the feeling has returned, be careful.
3. Flying is recommended after all sutures are removed.
4. Once the skin has healed, you must give it the necessary maintenance through our skin rejuvenation program. Our aestheticians will consult with you before and after your procedure.

After The Third Week

1. Strenuous activity is permitted. This includes exercise, jogging, sports, dancing and heavy cleaning.
2. You may wear earrings.
3. You may have a sauna and steam bath.

The Following are normal and should not cause alarm:

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1. Numbness around the ears and under the chin.
2. Bruising, usually localized, but may be distributed around the face. The color may be purple to yellow.
3. Dimpling of the cheeks.
4. Healing areas, especially in the neck, may feel firm for several weeks. They will soften after the 3rd week.
5. Pain around the ears, especially on pressure, may persist for weeks.
6. Tightness behind the ears and upper neck will last for a short time.
7. The scars may start to look red. They fade over a period of months. Some may take 6 months or longer.
8. The most sensitive areas are in the cheekbones, around the eyes, and less often the cheeks and necks.
9. Months after surgery you may experience swelling in certain areas.
10. Healing is not complete as long as there is swelling and sensitive areas.
11. The healing process continues for up to 1 year.
12. Bloodshot eyes. This may or may not occur.
13. Slight amount of drainage from the stitch line may occur during the first few days after the bandages are removed.
14. You may have a tight feeling or numbness around the face and neck, which usually last 2 to 3 weeks.
15. Smokers heal slower than non-smokers do.

Call Immediately For The Following:

1. Fever 38.2°C, or 100.5°F
2. Sudden swelling or discoloration of the skin.
3. Bleeding or severe pain.
4. Discharge from the wound or other sign of infection.
5. Adverse reaction to medication with redness, itching, or difficulty breathing.
6. If your bandage seems too tight or otherwise uncomfortable call our office **(910)323-3757**.