

K. Cary Canoun MD, FACS

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FACELIFT SURGERY POST-OP INSTRUCTIONS

1. You must have a responsible adult drive you home after surgery and stay with for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for the first 24 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. Often the pain is well controlled with extra- strength Tylenol but can be supplemented with the stronger pain medication.
5. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.
6. You will have a mildly compressive dressing in place. This will be removed 1-2 days after surgery.
7. You will have some suture at the incision in front of the ear. These will be removed 5-7 days after surgery. The sutures behind the ear and in the hairline are absorbable and usually do not need to be removed.
8. Do not ice your face, minimize speaking, eat soft foods for 3 weeks.

You can expect the following:

1. Moderate discomfort – use Extra-strength Tylenol or pain medication as prescribed. No Aspirin or Motrin.
2. Moderate swelling around the neck and cheeks.
3. Bruising of the neck and around the eyes
4. Reddened, blood shot eyes.
5. Slight bleeding from wound edges, especially the first day.
6. Eye dryness - use Natural Tears eye drops to help soothe the eyes.

Call if you have any of the following:

1. Severe pain not responding to the pain medication.
2. Marked swelling or more swelling on one side than the other.
3. Significant changes in vision (more than mild blurring).
4. Any other questions or concerns.

Additional Instructions:

- 1.No smoking for at least six weeks after surgery.
2. Do not do any heavy lifting for 4 weeks after surgery.
3. Do not lean over with your head lower than your chest.
4. Keep talking, laughing and straining to a minimum for one week after surgery.
5. You may bathe or shower once the dressing is removed. Do not get the incision areas wet.
6. You may wash your hair in the shower 5 days after surgery (do not lean over the sink). Dry with towel or cool dryer. Do not sit under a hot dryer.
7. Do not wear make-up until the sutures are removed.
8. Avoid exposure to the sun and/or heat for three months to avoid swelling.
9. No sports or strenuous activities for 4 weeks following surgery, including exercise walking.

Follow-Up Office Visits:

1st Visit: 1-2 days after surgery. Dressing will be removed.

2nd Visit: 5-7 days after surgery. Sutures will be removed at this time.

3rd Visit 2-4 weeks after surgery.

First Post-op Visit: Date _____ Time_____

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