

Facelift/Necklift/Cheeklift

The following instructions will help you know what to expect in the days following your surgery. Do not, however, hesitate to contact us if you have questions or concerns.

Activities

Sleep with your head and shoulders elevated. You can resume your normal sleeping position when the swelling has subsided.

Keep your head higher than your waist to minimize swelling.

Minimize exercise and sport activity for 6 weeks.

You may shower daily avoiding hot water after the dressing is removed.

You may resume the use of makeup after all stitches are removed.

Stay out of strong sunlight or wear a hat. Use sunblock.

Gently brush and comb hair.

Use only the cool setting on the hair dryer.

Avoid the use of the curling iron or hot rollers.

Wait 3 to 4 weeks before applying color or permanents.

Avoid vigorous activities (aerobics, sports, swimming) for the first 3 weeks. Consult your physician for specifics.

Do not drive while taking the pain medications. You may drive once neck stiffness has decreased enough so you can comfortably turn your head.

Smoking is prohibited for the first 4 weeks. Smoking interferes with healing.

Diet

Resume a normal diet as tolerated.

Pain Control/Medications

You will receive a prescription for pain medication that can be taken as directed if needed for pain control.

The pain medication impairs your ability to drive or make important decisions. Prescription pain medication may also cause constipation. You may take an over the counter stool softener (Colace) to help alleviate these symptoms.

Avoid aspirin until instructed by your doctor.

Wound Care

You may experience:

Bruising around the face and neck for 2 weeks.

Swelling of the face and neck for 2 to 3 weeks.

Numbness and occasional mild weakness of the face for 2 to 3 months.

Discomfort around the ears for 2 weeks.

Tightness in the neck for 2 to 3 months.

A full head dressing will be worn. Do not remove. It will be taken off the following morning at your appointment.

Follow-up

Call your doctor's office at the first sign of:

Excessive pain associated with pressure.

Bleeding at the incision.

Redness, drainage or odor from the incisions.

Fever or chills.

Shortness of breath.

Do not hesitate to contact us if you have any questions or concerns

Waltzman Plastic & Reconstructive Surgery P: 562 448 6100 E: backoffice@waltzmanplastics.com