

## Patient Instructions Following Facelift Surgery

The following Instructions apply to patients who have undergone facelift surgery. Since no two patients are ever exactly alike in their surgical needs, it is important to remember that the details of the surgery performed, as well as the rate of healing, may vary from one patient to the next. Customarily, we may choose to individualize the following guidelines according to each patient's needs. In such instances, we will instruct you to do so. Otherwise, we urge you to follow the advice below very carefully in order to accelerate your healing and maximize your surgical outcome..

1. Since you have just undergone a **major** surgical procedure, use good common sense in the first 14 days after surgery in restricting your normal activities, exercise regimens, and any activity requiring heavy lifting or straining.
2. You may be up and walking in your home on the day after your surgery, but some fatigue may persist for 3 to 7 days because of the normal effects of anaesthesia and of the surgical procedure.
3. When you move, stand or change positions, do so deliberately and carefully for the first 7 days. When turning your head, move your head AND your shoulders as a single unit.
4. You may eat a normal diet the day following surgery. In moderation, talking and smiling are perfectly acceptable.
5. Your head should be elevated on at least two pillows during sleep for the first 14 days. By keeping your head higher than your heart, you will facilitate the resolution of the swelling. You should also sleep on your back or on your side; avoid sleeping on your stomach.
6. Do NOT take any aspirin or aspirin containing medicines for 14 days, and then only on the advice of your personal physician. Other routinely taken medications may be resumed as necessary.
7. Any unexplained development of pain, facial swelling, or fever should be reported to your surgeon **IMMEDIATELY**.
8. Some facial, neck swelling and bruising are normally present after facelift surgery; but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the "same" operation. Generally, most patients appear quite socially acceptable within 10 to 14 days after surgery.

9. The original steri-strips in front of the ears will usually stay in place for the first week after surgery. In the second week, you may begin applying a small amount of ointment (polysporin or bacitracin) to the incision line with the aid of a cotton swab (Q-Tip) twice a day. Do not apply any other ointment or medications, unless your surgeon has prescribed it.
10. You may gently shampoo your hair 72 hours after surgery, but please avoid any strong rubbing or combing in the area of the incisions. Do not blow dry for 5 days, and postpone any planned hair treatments (wave permanents, and/or coloring) for 4 weeks following surgery.
11. Your earlobes and portions of your face that have been lifted and repositioned will be slightly numb for several weeks. Sensation will return as healing progresses. Do not wear heavy or tight earrings for 6 weeks, and avoid exposure to extremely cold temperatures.
12. It is acceptable to do some light walking 48 to 72 hrs after your surgery. Avoid lifting heavy objects in the first two weeks. Jogging and non-contact exercise should not be resumed until 4 weeks, while strenuous sports will require at least 6 weeks of healing before being safely resumed.
13. Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged swelling and injury to the scar as well as your skin. Thereafter, you should always protect your skin with a strong sunscreen containing PABA (p-aminobenzoic acid) in order to decrease the inevitable damage and ageing effects of the sun on your skin.
14. Finally, it is **very important** for your well-being that you completely follow all the instructions given to you by your doctor, and that we check your progress regularly after surgery. If you have any urgent problems, please contact your doctor immediately.

We greatly appreciate the confidence you have shown us by allowing us to assist you in improving your appearance and health. In addition, you can be assured of our very best efforts in achieving the most satisfactory surgical result possible for your particular anatomy and condition.

- Daniel L Durand MD



Secrets Medspa Inc.