

FACELIFT INSTRUCTIONS

Face Lift Pre-operative Instructions

- Please avoid smoking for 6 weeks prior to surgery and the medications on the list we provided. Especially **ASPIRIN** for at least **10 days**
- Do not color, perm, or chemically treat your hair, 2-3 weeks before or after surgery.
- Please shower and shampoo evening before and morning of surgery
- You should have your prescriptions filled prior to surgery.

Face Lift Post-operative Instructions

- Keep the **head** of the bed **elevated** at all times, **avoid flexing neck** with pillows.
- Please **do not** take your **pain pills** on an **empty stomach** (*this may increase nausea.*)
- Please **take all** of your **antibiotics** according to the prescription.
- It is normal to have some swelling. This usually maximizes at 24-48 hours.
- You may sponge bathe, however, please do not get your incisions wet.
- You may walk., but please do not perform strenuous aerobic exercise for five to six weeks.
- Your sutures will be removed over a five to ten day period.
- Please do not drive until after your post-operative visits.

Notify the office if you experience any of the following:

1. If one half of your face appears much bigger than the other.
2. If you develop a **temperature** above 101.5° F.
3. If you develop **redness** (like a sunburn) on your face

Please call the office, if you have any questions or problems.