



## POST-OPERATIVE INSTRUCTIONS

### **Facelift, Necklift, Browlift, Lip Lift Operations**

You will return to our office to be seen on post-operative days 1, 4, 7 and 10. If you have any questions or concerns in between these visits, please feel free to call us anytime. We strongly encourage you to get up and walk around as soon as possible to help reduce swelling. We recommend a balanced diet which limits highly processed and sugary foods to optimize wound healing and minimize swelling. Soft food is preferable, as the jaw will feel tight for the first few days. Rest with your head and shoulders elevated on two or three pillows, and sleep on your back for 2 weeks post operatively.

- Beginning the day after surgery, clean the incisions two times a day (morning and evening) using Q-Tips dipped in hydrogen peroxide (both provided in the Post-Operative Care Package) to gently wipe away any dried blood. Be careful to avoid getting hydrogen peroxide in the eye.
- After cleaning the incision with a Q-Tip, apply a thin layer of bacitracin ointment to the incision (provided in the Post-Operative Care Package).
- Small ice packs (provided in the Post-Operative Care Package) or cold compresses may be applied over the eyelids and lips only to treat swelling, **unless** you had fat grafting done in these areas. Do this for 20 minutes at a time (20 min on, 20 min off) for the first 3 days after surgery. Always use a piece of gauze (provided in the post-operative care package) between the gel pack and your skin. **Do not apply ice to any other areas of your face.**
- You can wash your hair 48 hours after surgery using the CeraVe Baby Shampoo that is provided with your post-operative care package. Do not use conditioner until cleared by Dr. Alemi.
- Please exercise caution when brushing hair and do not pull tangled hair through a brush, especially around the hairline as this may pull at your incisions.