



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.

- For swelling: Cold compresses may be applied to the face only to treat swelling for 10 minutes at a time (10 minutes on/10 minutes off) for the first 3 days after surgery. Always use a piece of gauze (provided in the post-operative care package) between the cold compress and your skin. **Do not apply ice to any other areas of your face.**
- Beginning the day after surgery (post op day 1), 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).
- You can wash your hair post op day 2 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.
- It is encouraged to walk around periodically throughout the day after surgery. Light walking helps promote healthy circulation and lymphatic drainage, which can reduce swelling and support the healing

process. Light movement is beneficial, but rest and proper healing should remain priority during the early recovery period.

- Short, gentle walks around your home every few hours are recommended.
- Avoid prolonged bed rest during the day.
- Do not engage in strenuous exercise, bending, heavy lifting, or activities that elevate your heart rate until cleared by your surgeon.
- Gradually increase activity only as directed during your follow-up visits.