



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 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.

Cold Compress Instructions:

- Apply cold, damp gauze compresses to the treated area for 20 minutes every hour during the first 24 hours after surgery.
- To prepare the compresses, soak clean gauze in ice water, wring out excess water, and apply it to the treated area. To keep the compress consistently cold, replace the gauze with a freshly chilled piece after the first 10 minutes.
- After the first 24 hours of around-the-clock cold compresses, transition to applying cold compresses for 20 minutes every hour while awake through postoperative day 4. Beginning on postoperative day 5 and for the remainder of your recovery, you may continue using cold compresses as needed for comfort.
- **Important:** Use ice water to chill the gauze—do not apply ice directly to the skin, as this may impair circulation and delay healing.

Incision Care:

- 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.