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Face & Neck Lift: Follow up appointment schedule and general care instructions

Follow up appointments: 1 day, 3 days, 1 week, 2 week, 1 month, 3 months, 6 months

Day 1

First post op visit
Cold compress 20 mins every hour for the first 24 hours
Head and leg elevation while in bed or resting
Antibiotic ointment to incisions every 8 hours

Day 3

Second post op visit
Wound check and drain removal

Day 1-6

Rest
Walk every 2-3 hours
Take medications as directed
** Call Dr. Stile if you notice any significant changes in appearance or experience increased discomfort or swelling

1 week

Third post op visit
Wound check and suture removal
Can lay flat

2 weeks

Fourth post op visit
Suture Removal
May resume wearing contact lenses
May resume wearing makeup
May begin light exercise at 3 weeks
Can lay on side with face lift pillow

1 month

Fifth post op visit
Begin silicone gel
May resume full exercise- advance as tolerated

3 months

Sixth post op visit
Photos taken

6 months

Seventh post op visit
Photos taken



Face/ Neck Lift Post Op Instructions: Extended

After surgery, elevate your head and shoulders on 2 or more pillows. Avoid bending forward at the neck for the first 2 weeks.

Avoid straining of any kind for the first 72 hours. When awake in bed please flex your feet and legs 4-6 times every hour.

Apply cold compresses or Swiss eye masks (keep them cold or in ice) to the exposed areas of your face for the first 72 hours to reduce swelling post-operatively.

If you have pain or discomfort, take pain medication every 4 hours. It is best to take pain medication with crackers, jello, etc. If you do not have pain please do not take the pain medication. Do not drink alcohol while you are taking pain medication.

The first 24 - 48 hours, to maximize your comfort, you may take the pain medication every 3-4 hours and the Xanax every 8 hours (anti-anxiety/muscle relaxant).

A light diet is best following surgery that day. Begin by taking liquids slowly and progress to soups or jello. You may start with a soft, regular diet the next day.

You may have drains in place under the skin, in the neck only, after surgery. These will be secured and you will/can sleep in them - we will show you, but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to your caretaker. The drains and head dressing will be removed within 3 days.

After the drains have been removed you may start cleaning along the suture lines, in front of and behind the ears and under the chin, with half-strength hydrogen peroxide. (Use tap water to dilute).

You can expect some swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced than on the other side or if you are having pain which is not relieved by the pain medication please call Dr. Stile @ 702 243- 9555.

Avoid turning your head to either side as this will pull on the suture lines. To turn, move your head and shoulders as a unit.

DO NOT SMOKE. This is very important.

Facial movements (smiling, talking, chewing, yawning. etc.) should be kept to a minimum for the first week.

After your dressings and drains have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crust and ointment is out of your hair (use a conditioner to help remove the ointment/oil). Do not use hairspray, gels, etc., while the stitches and clips are in place. You may start washing your face gently with a bland soap (Neutrogena, Cetaphil, Ivory, etc.) and use a moisturizer on your face, being careful to keep it away from the stitch lines.

Your hair may be dried with a blow dryer on a cool, not a hot, setting.

Hair coloring should be delayed until 3 weeks after surgery when healing is completed and no crust remains.

Normal activity can be gradually resumed after 3 weeks but strenuous activity (heart rate above 100 beats per minute) should be avoided for another week.

The skin of your face is sensitive to sunlight after surgery . Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear a wide brim hat and sunscreen (SPF 20 or greater with UVA and UVB protection) if you are in the sun for prolonged periods.



General Information

Your face/neck will feel tight but not necessarily look tight (it will look natural) and there will be a feeling of numbness in these areas for several weeks to months after surgery. It will disappear and your feeling will be perfectly normal.

The scars and any areas of bruising can be massaged with Arnica or Aloe Vera cream (apply twice daily for 6 months) beginning 3 weeks after surgery. This will promote softening and maturation and improve scar healing in these areas.

Strenuous activity/lifting of objects heavier than 10 pounds should be avoided for 3 weeks.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and always use a sunscreen with SPF 20 or greater (with UVA and UVB protection) even on cloudy days for at least 6 months.

Take all medications only as directed.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication, please call the office at (702) 243-9555.

If you develop a fever (oral temperature greater than 100°) redness or increased pain at the site of the surgical incisions, please notify Dr. Stile immediately,

DO NOT WEAR PULLOVER CLOTHING OR HAIRPIECES FOR 3 WEEKS AFTER YOUR FACELIFT, AS YOU COULD DISRUPT YOUR EARLOBE OR HAIRLINE INCISIONS.