



Facelift & Neck Lift Recovery Guide

WITH DR. NICHOLAS WINGATE

Follow-Up Appointments

We'll guide your healing every step of the way:

- Day 1: Initial post-op visit & drain removal
- Week 1: Suture check
- Week 2: Healing progress
- Week 6: Final evaluation

Before Surgery

To prepare for your procedure:

- Begin taking Arnica (provided at your pre-op visit), and continue any approved medications.
- If undergoing anesthesia, your anesthesiologist will give you personalized instructions the day prior.
- Avoid aspirin, Advil, ibuprofen, NSAIDs, fish oil, omega-3 supplements, and all other blood thinners for at least 10 days prior - unless cleared by Dr. Wingate.
- Avoid anti-inflammatories for 1 month prior to your surgery.

Important: Arrange for someone to drive you home and assist you for the first few days post-surgery.

At Home After Surgery

- Keep your head elevated as much as possible to reduce swelling and bruising.
- Do not remove your head wrap - we will do this at your post-op appointment.

- You'll go home with surgical drains, which are typically removed the following day in our office.
- Use your ice pack in 15-minute intervals (15 minutes on, 15 minutes off), always with a protective barrier between ice and skin.

Activity & Recovery Timeline

- Avoid lifting anything heavier than 8 lbs (e.g., a gallon of milk) for at least 1 week.
- No strenuous exercise or activities such as running or jumping for 2-4 weeks.
- Walking and light activity are encouraged and can begin immediately as tolerated.
- Most patients return to desk work within 10-12 days, though swelling or bruising may affect your comfort with social activities.

Showering & Skin Care

- You may shower after your drains are removed (usually the day after surgery).
- Use only a fragrance-free, gentle cleanser.
- Do not apply creams, makeup, or lotions near your incisions until cleared by Dr. Wingate.

Managing Discomfort

- Fill all prescriptions prior to surgery so they're ready at home.
- Most patients only require Tylenol + Advil by the second day after surgery.
- Ice and head elevation remain the best tools for minimizing discomfort and promoting recovery.

What to Expect

- Swelling and bruising are normal and part of the healing process.
- Sutures will be removed at your 1-week post-op visit.
- Final results will continue to refine as swelling gradually subsides over the coming weeks.

When to Call

Please contact us immediately if you experience:

- New or worsening vision changes

- Persistent bleeding that does not subside with head elevation/ice
- Asymmetrical swelling (e.g., one side appears significantly larger than the other)
- Pain that is not relieved by rest, medication, or ice
- Redness or swelling extending beyond your incisions

At Wingate Plastic Surgery, we believe your healing should be as beautiful as your results. If you have questions or need support, our team is here to guide you with care and compassion.