



C O U R T N E Y
P L A S T I C S U R G E R Y

FACE / NECK LIFT

SCHEDULE Your first follow up appointments will be 1-week post-op. We will see you again 3-4 weeks post-surgery, 3 months, 6 months, and yearly after that. (This may vary for some patients.)

ACTIVITY Take it easy for the first few days following surgery. You want to make sure you get up every 2-3 hours to walk for a few minutes and then return to resting, this helps reduce swelling and lower the chances of developing a blood clot. Avoid lifting, pushing, or pulling anything greater than 10-15lbs. No straining on the toilet. Avoid all exercise and all aerobic activities which elevate your heart rate for the first 6-8 weeks.

MEDICATIONS Do not take any of your medications on an empty stomach and take as prescribed. All pain and anxiety medications should be spaced out by 2-3 hours. Remember not to take any Aspirin containing medications for the first 2 weeks after surgery.

GARMENT You will be sent home in a chin strap which you should wear continuously for 1 week. After the first week, the chin strap only needs to be worn to sleep. Compression is needed for 6-8 weeks post-op.

INCISION The skin incisions should be washed with soap and water 3 times per day starting the day after surgery. This should be done very gently and pat dry. After drying, the incisions should be cleaned with 50% solution of 30% Hydrogen Peroxide and warm tap water. The incisions should then be constantly covered with the antibiotic ointment dispensed to you. Do not allow incisions to become dry or crust over.

BATHING You may shower 24-48 hours after surgery. Hair is generally shampooed on the 2nd or 3rd postoperative day. You may use Johnson's Baby Shampoo and very gently wash your hair. Sutures have been placed in the hairline incisions. Be careful not to snag them with a comb. No submerging in any water for 8 weeks.

WHAT TO EXPECT A moderate amount of discomfort and swelling is to be expected. The amount varies from person to person. Do not be alarmed if one side of your face is slightly more swollen than the other. This will improve daily. The swelling itself is not serious and is not an indication that something is going wrong with your operation. To alleviate any discomfort, and to reduce swelling, you may apply soft, cool (not cold) compresses. Do not apply ice or anything frozen directly on the skin. You may soak soft plain white washcloths or gauze squares in ice water and wring out well. Apply any compress gently; do not apply pressure. Apply cool compresses for no longer than 20-minute intervals, and ensure that you do not fall asleep with them. Do not apply any heat. Numbness of the skin surrounding the site is normal and there is no cause for alarm.

CONCERNS Call our office immediately if you experience a severely misshapen appearance, excessive bruising or fluid retention that is localized to the side of your face. Any pain that cannot be controlled by your pain medication. Temperature higher than 101. Don't hesitate to call our office if in doubt.

SLEEP Sleep with the head of the bed elevated for 2 weeks. Try not to roll on your face; this tends to tear down the supporting stitches. Some patients find a recliner more comfortable.