



Post-Operative Instructions for Facelift/Neck Lift

1. Have a responsible adult staying with you for the first 24-48 hours. To prevent postoperative blood clot development, using assistance from an adult, try to get up as early as possible and move around as often as you can (start with hourly walks to the restroom and back and increase walking time as tolerated).
2. Non-Strenuous activities or exercise for the next 6 weeks after surgery. Please increase protein intake, water and raw vegetables intake to expedite the recovery process and decrease chances for constipation associated with decreased activity and pain pills.
3. You can expect a great deal of bruising and swelling after surgery. It is normal to have swelling in the face. Wear compression garment at all time for the next 6 weeks or as instructed by Dr. Markelov.
4. Sleep on your back with your head elevated the evening after surgery and for the first two weeks following surgery. It can be achieved by sleeping with two pillows underneath the head or by using a recliner tilted at 45 degrees. Avoid rolling onto your face for the first two weeks after surgery.
5. No aspirin or alcohol for 3 weeks after surgery. These may increase bleeding. Do not take alcohol with pain medication at any time.
6. No smoking for the entire period of recovery. Smoking can affect healing.
7. A low-grade fever (less than 101) is normal for the first 48 hours.
8. Take medication as prescribed. Do not apply any lotions (other than what was prescribed) until cleared by Dr. Markelov.
9. Notify the doctor immediately if there is an increase in pain, discomfort, bleeding or fever, observed wound opening, redness or heat and discharge (pus).
10. In case of a true emergency such as loss of consciousness, difficulty breathing, chest pain call 911 immediately.

