

**J. Anthony Stephens, M.D.**  
**Plastic and Reconstructive Surgery**  
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**POSTOPERATIVE INSTRUCTIONS FOR FACELIFT SURGERY**

- 1. Please plan to rest and limit activities for the first 24 hrs. It is necessary that someone remain with you for the first night after surgery.*
- 2. You may have liquids and soft food as tolerated the first afternoon and/or night. A soft diet is suggested for the next two days. Please have straws available.*
- 3. Please keep ice on your face for the first 48 hours. This will help with swelling and bruising. Swelling and bruising are expected. Excessive or uneven swelling (more on one side than the other), or bandages that seem excessively tight should be reported to the office. Pain on one side not relieved by the medication should also be reported to the office. Wash your face daily, washing your eyelids across, not up and down.*
- 4. Take the prescribed pain medication as needed. Do not take pain medication on an empty stomach. Alcohol must not be taken while on pain medication.*
- 5. Blood stains may show on the bandage behind the ears. Excessive bright red blood spots that continue to enlarge should be reported to the office.*
- 6. Sleep on your back with your head elevated, as much as possible. Sleeping on your side increases swelling on the down side.*
- 7. Avoid strenuous activity, getting overheated, and sunbathing for two weeks.*
- 8. Do not shampoo the hair until instructed to do so. (Usually 1-2 days after surgery). Avoid hot hair dryers. (areas of the scalp may be numb and could be burned.)*

*Do not hesitate to call our office at 767-7575.*

