

**POST-OPERATIVE INSTRUCTIONS**  
**FACELIFT**

For the first 48 hours, you should keep your head elevated on 2-3 pillows when sleeping. You should be out of bed the day after surgery.

Apply ice to your cheeks and eyes for the first 72 hours. Alternate 20 minutes on, 20 minutes off while awake, as much as possible!

The second post-operative visit will be 4-5 days after surgery.

The third post-operative visit will be 10-14 days after surgery.

Your incisions are not fragile and will not open up. At home, clean the suture lines with hydrogen peroxide and then apply a small amount of Vitamin A&D ointment with a Q-tip, a couple of times a day in order to keep them moist.

Hair may be shampooed 24 hours after surgery with a mild baby shampoo. The baby shampoo may have conditioner in it.

Make-up may be applied after the third visit if approval is given at the post-op visit. The make-up should be purchased NEW to avoid introducing infection.

**NO DYES, PERMS, OR OTHER CHEMICALS SHOULD BE APPLIED TO THE HAIR FOR AT LEAST ONE MONTH AFTER SURGERY.**

**THE NIGHT BEFORE SURGERY, WASH YOUR HAIR. DO NOT APPLY MOUSSE, GEL, OR HAIRSPRAY. THERE SHOULD BE NO CHEMICALS OF ANY KIND IN YOUR HAIR.**

A feeling of tightness and swelling in the neck and face is normal and it will relax within a few weeks.

Your skin is more sensitive to sun for about 6 months after surgery. You must apply a 15 SPF or greater sunscreen 3-4 times a day when you are exposed to sun.

**NOTIFY THE OFFICE OF ANY UNEXPECTED PROBLEMS OR CONCERNS.**