



«Person\_First\_Middle\_Last»

## The Plastic Surgery Experts

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### Facelift Post Operative Instructions

- Elevate head of bed 30 degrees for 2 weeks following surgery. Sleep on your back for 6 weeks.
- No bending over for 10 days.
- Avoid turning your head for 2 weeks.
- Discoloration can be covered with a water base make-up 2 days after surgery.
- Avoid direct sun exposure for the first month.
- Eyeglasses can be worn after the dressing is removed. Contacts may be placed on the first day following surgery unless eyelid surgery is also performed.
- Wash hair with only water on the first post-operative day. Gently dry hair with a towel. Use baby shampoo on the second post-operative day-once a day.
- Avoid "hot" hair blower for the first week.
- Do not wash your hair on the seventh post-operative day when the sutures and staples are removed.
- Avoid hair cutting or coloring for 6 weeks.
- Do not eyebrow tweeze for 1 week.
- No pull-over clothes for 1 week.
- Avoid rigorous activity for 4 weeks. Brisk walking can be done after 2 weeks. Avoid jogging until 4 weeks following surgery.
- Clean the incisions with hydrogen peroxide on a Q-tip 6 times a day then apply Polysporin. If your incision extends behind your ear into the hairline we recommend cleaning that with witch hazel as the hydrogen peroxide will bleach your hair. Do not apply Polysporin where witch hazel is used.
- Avoid excessive smiling the first week of surgery.
- Do not drive a car for 2 weeks.
- Return to work in 1 to 2 weeks depending on individual healing.
- **DO NOT WEAR EARRINGS FOR FOUR WEEKS POSTOP.**
- **You will need to return for a post-operative visit the day after surgery to have the initial dressing removed.**

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