

## Facelift Post-op Instructions

YOU WILL NEED: Q-TIPS, HYDROGEN PEROXIDE, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN)

### Activities:

- Leave bandages in place for 24 hours – then you may remove your headwrap
- Wear the elastic bandage 24 hours a day except to shower and clean your incisions for the first week. Then as often as possible during the day and at night for the second week. This will help maximize the contour of the neck.
- Keep head elevated on two pillows for the next week.
- Apply ice packs or frozen peas in a plastic bag 20 minute on, 20 minutes off to your cheeks for the first 3 days.
- Using a Q-Tip, clean incision site with hydrogen peroxide, followed by antibiotic ointment three (3) times daily. Sutures will be removed 5-7 days post-operatively.
- Place a clean gauze pad in front of your ears after applying the ointment

### Diet

- You should eat soft diet for the first 3 days following surgery. Avoid opening your mouth widely. Afterwards, you may advance to normal diet.
- Drink plenty of clear fluids during your recovery.

### Medication

- Take pain medication every four to six (4-6) hours as needed.
- You may take Tylenol (Acetaminophen) if you have mild to moderate pain.
- You may take the prescription pain medication for more significant pain.
- Avoid NSAIDs (Ibuprofen, Advil/Motrin, Aleve, etc) or Aspirin products as this increases risk of bleeding and hematoma

### Other Information

- Your face and neck may be swollen and bruised following your surgery. Do not let this alarm you as this condition will improve with time.
- Avoid sudden movement of your head to either side.
- You can expect swelling, bruising, and tightness of the bandage, however, if there is excessive bruising and pain (especially on one side), sudden swelling, high fevers (>101.5) call the office immediately.
- Avoid strenuous activities for 7-10 days. You may start to exercise after 2 weeks.

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) if you have any questions. You may also communicate with Dr. Hahn via his email [samhahn@mdfacialplasticsurgery.com](mailto:samhahn@mdfacialplasticsurgery.com)