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Facelift Post-Op

- **DRESSING:** Postoperatively, you will be placed in a head dressing. Please do not remove dressing and keep it dry. This dressing will be removed the day after surgery at your postoperative appointment and we will give you a compression jaw bra to wear for one week, night and day, then the next week wear it only at night. Drainage of blood and fluid from your incisions is normal. You may have one or two small drainage tubes inserted into your posterior scalp area. This also will be removed at your first postoperative appointment as well.
- **SUTURES:** Some sutures will be removed in one week. The remaining sutures will be removed in two weeks.
- **SWELLING AND BRUISING:** Do not be alarmed at the initial appearance of your face. Swelling and bruising are expected after surgery. Postoperatively you should sleep with your head elevated at a 45 degree angle to help minimize the swelling and bruising. Swelling will begin to resolve after 48 hours. Do not be surprised if your face is very swollen after you sleep at night. It will take up to six months for all the swelling to resolve.
- **SHOWERING:** You may wash your hair after your dressings are removed. You may shower, but do not swim or immerse your face in bath tub water until your incisions are fully healed. Do not use hair chemicals on your hair for the first two weeks. A hair dryer may be used on low, cool setting only. Brushing your hair should be done with extreme care.
- **PAIN:** Pain is expected after any surgery. Please follow instructions given to you with your pain medications.
- **DRIVING:** You must wait 24 hours after anesthesia and until you are no longer taking pain medications before you resume driving. This would be driving under the influence and you would endanger yourself and others.
- **NUMBNESS:** You may have some numbness and tingling on your facial skin. This may take weeks to several months to completely disappear.
- **ACTIVITY:** Your activity level should be minimal. Avoid bending your head below your waist. As you begin to resume normal activity, do not return to weight lifting, aerobic exercise, or any high impact activities for 4 weeks. The doctor will let you know when you may resume these activities.

- **HEMATOMAS:** Hematomas are the collection of blood and fluid under the skin. They are rare, but must be reported immediately. A hematoma is evidenced by significant swelling under the skin which may appear to be growing. If you see evidence of a hematoma, contact Dr. Taylor's office immediately.
- **INFECTION:** Although infection is unusual after this type of surgery, please take all prescribed antibiotics until full prescription is empty. Signs of infection include drainage with foul odor, yellow or green drainage from the incision, fever of 101 degrees (usually accompanied by chill), or redness and warmth around the incision. These are symptoms which need to be reported. **WARNING: Smokers have a greater risk of skin loss and wound healing complications. Do not smoke while your body is trying to heal from surgery.**

If you have any questions, please contact our office at 479-521-1500. We have a nurse on call 24hrs a day. In case you cannot contact someone and you have an emergency, go straight to the hospital.

I understand and have received a copy of the post-op instructions

Signature: _____ Date: _____