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## **BROWLIFT / FACELIFT SURGERY POST-OP INSTRUCTIONS**

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest with at least 2-3 pillows under your head for first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the prescribed time intervals. Under such circumstances you could forget and take them too often.
5. Stay on a soft diet requiring little chewing for several days. Drink lots of liquids, at least 8 glasses per day
6. **NO** hot, warm or cold compresses to the face. The skin sensation is diminished temporarily from the surgery and injury could result.
7. Be prepared for a bulky dressing around the face and neck. This dressing will be changed the day after surgery.
8. It is important that you and/or your caregiver check the dressing and areas near incisions for hematoma. You will be instructed on how to do this.
9. The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find you need your pain medication less frequently.

### **You can expect the following:**

1. Moderate discomfort - use pain medication as prescribed.
2. Moderate swelling & tightness of face, facial features and incision areas. Excessive swelling is unusual.
3. Black and blue discoloration.
4. Blood shot eyes.
5. Moderate bleeding from wound edges, especially the first day.

## 2 - Browlift / Facelift Surgery

6. For a Facelift - Drains may be used. You must record the amount of drainage for each 24 hour period. You will be instructed on the maintenance of these drains.

7. For a Browlift - Numbness of the forehead may persist for several months following surgery due to staples, screws, and/or sutures in the scalp. Staples will be removed in 7-10 days.

### **Call the office if you have any of the following:**

1. Severe pain not responding to the pain medication.
2. Marked swelling, or more swelling on one side than the other.
3. Bright red drainage on bandages that continues to enlarge.
4. Increased discomfort due to tight bandages.
5. Other questions or problems.

### **Additional Instructions:**

1. Avoid smoking for 48 hours after your surgery to prevent coughing and possible bleeding.
2. No alcohol for 4 days after surgery.
3. Do not do any heavy lifting for 2 weeks after surgery.
4. Do not lean over with your head lower than your chest.
5. Apply a thin layer of A & D ointment to the suture lines. It is important to keep all incisions very clean.
7. You may bathe or shower the first day after surgery.
8. Do not wear make-up of **any** kind until the sutures are removed.
9. Avoid exposure to the sun and/or heat for 3 months to avoid swelling.
10. No sports or strenuous activities for 4 weeks following surgery, including exercise walking.
11. The majority of patients may begin normal activities at 3-4 weeks.
12. It is common to experience numbness temporarily around incision sites. This will resolve in the next several months. Do not be alarmed.

### 3 - Browlift / Facelift Surgery

13. Scar massage may begin at 4 weeks after surgery. Patients in the interim may want to apply vitamin E or aloe vera to incision sites. Be aware that some patients may have a reaction to these topical applications early on.

14. If bruising is excessive, you may use cover-up make up 7 to 10 days after surgery. However, this is individualized to each patient.

#### **Follow-Up office visits:**

1st Visit: Usually the first day after surgery. Dressings and drains will be removed and your hair may be washed at this time. If drains have been placed, please take your pain medication 1 hour prior to your appointment and have someone drive you.

2nd Visit: 5 days after surgery. Part of your sutures will be removed at this time.

3rd Visit: 7-10 days after surgery. All remaining sutures and/or staples will be removed at this time.

Subsequent visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photographs must be taken during one of these visits.