

FACELIFT INSTRUCTIONS

KU FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

WHAT TO EXPECT

Most patients experience only mild discomfort after facelift surgery. Bruising and swelling is also expected. The day after surgery the dressing wrap around your head and drains will be removed, if present. Stitches will be removed at your post-operative appointment 5 to 10 days after surgery.



PREPARING FOR YOUR FACELIFT

- Avoid hair coloring, perms, or other hair treatments for 2 weeks before and 4 weeks after surgery
- Do not smoke, vape, or use tobacco. Irreversible scarring can result.
- Avoid sun exposure
- Stop all supplements 2 weeks before surgery.
- Avoid taking Aspirin or Ibuprofen 2 weeks before surgery. Request instructions from your surgeon if taking prescription pain medication.
- Stop using topical Retin- A or Tretinoin 2 weeks prior to surgery
- Continue taking blood pressure medication as prescribed as elevated blood pressure can result in bleeding and a collection of blood known as a hematoma.



INSTRUCTIONS FOR AFTER SURGERY

Apply ice if desired for comfort.

Sleep with your head and chest elevated above the heart. Avoid turning on one side.

Drink plenty of fluids.

Consider a stool softener to prevent post-op constipation (Colace or Senna).

ACTIVITY

Avoid strenuous activity, exercise, and lifting greater than 20 lbs for 2 weeks after surgery. Walking during the post-op period is encouraged as long as you don't elevate your heart rate.

MEDICATION

Most patients do not need prescription pain medication.

Take Tylenol 1000 mg every 6 hours. Do not exceed 4000 mg in 24 hours.

If pain is not controlled on this regimen, it is okay to use prescription pain medication from your surgeon.

WHEN TO CALL

Call if you develop:

- severe pain or swelling on one side of the face/neck that is increasing
- fever greater than 101 degrees F
- uncontrollable pain
- any other concerns

Call 913-588-0101 to speak with a nurse.

CARE INSTRUCTIONS FOR AFTER YOUR 1ST POST-OP APPOINTMENT:

You will have a post-op appointment the day after your surgery. Please use this page of instructions following that appointment.

- continue
 - to sleep with your head elevated
 - to ice your eyes and cheeks for an additional 48 hrs
 - to avoid sun exposure for 6 weeks after surgery and use sun protection (hats, clothing, and sunscreen SPF 30 and greater)
 - to follow the activity restrictions for 2 weeks
 - to avoid smoking and alcohol for at least 1 week
- hygiene
 - you can wash your face
 - do not scrub incision sites, but soapy water can run over them
 - you can shower and wash hair in 48 hrs (after your head wrap dressing can be removed)
 - baby shampoo or dawn dish soap work best to remove excess ointment and dried blood
 - do not scrub your incision sites
- wound care
 - keep a layer of Vaseline on stitches at all times
 - if you shower or wash your hair, gently pat your incision sites dry with clean gauze, then apply Vaseline
 - apply Vaseline for 2-3 days after stitches are removed, then switch to silicone scar gel
- instructions for your new products
 - silagen scar gel
 - begin to use 5 days after your final set of stitches are removed
 - apply a thin layer in the AM and PM
 - silagen arnica topical recovery gel
 - apply a thin layer over visible bruising 3 times a day
 - do not apply over incision sites
 - silagen arnica pill supplements
 - take 2 capsules twice daily until the bottle runs out
- makeup
 - can be used 5 days after your surgery **except for on incisions. can be applied over incision sites 2 weeks after surgery.

