



Facelift/Necklift Surgery

Post-Operative Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect:

- Maximum discomfort will occur the first few days after surgery and then will subside gradually.
- Nausea can occur following any surgical procedure and generally passes by the first postoperative day.
- During the first week or two after surgery, you will experience some swelling, bruising and some drainage.
- You may be wrapped in dressings that will not be removed until your first follow up appointment.
- You should rest with your head elevated in a recliner or with at least 2 pillows for at least the first week after surgery. Try not to sleep on the side of your face but rather sleep with the back of your head on the pillow for about two weeks. Some patients prefer an airline type pillow for comfort.
- You may expect to have most of the stitches removed after 5 days, and the remaining stitches removed 1 week later.

Pain Medication:

- **Take pain medication as prescribed.**
- **For pain that is less intense it would be appropriate to take Tylenol 500 mg two tablets every 6 hours (not to exceed 2000 mg in 24 hours) and Ibuprofen 600 mg every six hours, if it is not contraindicated for your health and you have not been prescribed Celebrex.**

Diet:

- Follow a balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet and be sure to increase your fluid intake.
- You may not feel very hungry for one to three days following the surgery. You should consume easily digested food for the first twenty-four hours (ex. toast, crackers, soup, bananas, rice, and applesauce).
- Do not drink alcohol when taking pain medications.

Activities:

- Have someone drive you home after surgery and help you at home for 1-2 days.
- Listen to your body and rest when you are tired.
- Begin walking as soon as possible. Doing so will reduce swelling, prevent post-operative complications, and promote recovery.



HOLLAND

PLASTIC SURGERY & AESTHETICS

- Do not drive until you are no longer taking the prescribed pain medications.
- Refrain from vigorous activity for 2-6 weeks. Increase activity gradually as tolerated.
- For the first three weeks, you should refrain from unnecessary bending that brings the head below the level of the heart.
- Avoid hitting or bumping your face, head and neck. It is wise not to pick up small children and you should sleep alone for one week after your operation.
- Hair dryers can be used on a low cool setting to help dry the hair. The hot setting is not to be used for several weeks following surgery. Coloring of the hair is not to be done for 4 weeks following surgery. There may be transient thinning of the hair in areas adjacent to the suture lines in the temple and behind the ear.
- Iced gauze pads (gauze pads dipped in ice water and wrung out) should be applied to the eyes and forehead for the first 48 hours to minimize swelling and discoloration.
- There will be areas of decreased sensation or numbness on your forehead and scalp. The sensation will return to normal over time.
- Do not smoke **any substance**, as doing so delays healing and increases the risk of complications.

Wound care:

- Keep incisions clean and inspect daily for redness, swelling, heat, and or drainage with an odor.
- Apply a thin layer of over-the-counter bacitracin ointment to all incisions 3 times a day once dressings have been removed and continue until 2 days after the sutures are removed.
- Some swelling or discoloration may be noticeable at this point, but this is normal and should resolve on its own.
- You can shower after the dressings have been removed.
- Sutures have been placed in the hairline incisions. Be careful not to snag them with a comb.
- Avoid exposing scars to sun for at least 12 months and always use a strong sunblock (SPF 30) if sun exposure is unavoidable.
- Makeup may be used 5-7 days after surgery (except on the incisions).

Call Dr. Holland if:

- Your temperature is greater than 101. It is not uncommon to have a low-grade fever after surgery.
- You have increased swelling and/or bruising.
- You have increased redness around the incision and/or if pus (yellowish or greenish drainage with a foul odor) drains from the incision.
- Severe or increased pain not relieved by medication occurs.
- You have side effects such as rash, nausea, headache and or vomiting from the medication.
- Severe bleeding occurs. Apply direct pressure to the area.
- You have a loss of feeling or motion.



HOLLAND

PLASTIC SURGERY & AESTHETICS

Follow up:

- Please make your follow-up appointment by calling the office or as instructed by Dr. Holland. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**