

# FACELIFT

## Pain and Swelling:

- For moderate-severe pain, you can use the prescribed narcotics. These should not be taken on an empty stomach as they can cause nausea/vomiting. They may also cause drowsiness and constipation. Do not drive while medicated. For constipation, you can buy over-the-counter Colace/Docusate Sodium or a stool softener.
- Pain and swelling are usually maximum at 48-72 hours postoperative. After that period pain should continue to decrease and you can use either Tylenol for mild-moderate pain. No NSAIDs for facelifts.
- You can also apply ice to the face frequently for the first 2 days postoperative to decrease swelling and improve comfort. Use the ice packs 20 minutes on/ 20 minutes off or alternate from side to side every 20 minutes. Swelling can be reduced by sleeping in a semi-upright position in bed. Using two pillows is usually adequate for this. The swelling will not reach its maximum until 2-3 days post-operatively
- We may place a firm elastic dressing in place with some drains in your neck with gauze to collect any drainage. Some red or light-colored drainage is normal. If the gauze becomes saturated, you will need to change it. If the drains are accidentally pulled out when the gauze is changed, this is ok; but, try to leave them in place. The dressings and drains will be removed the following day.
- Avoid medications that thin the blood such as aspirin and aspirin-like products (Advil, Motrin, Excedrin, Aleve, Celebrex, Naproxen). Migraine medications should be used only after discussion with your surgeon.

## Nausea:

- A small amount of carbonated drink, such as 7-Up or ginger ale, every hour for 5 or 6 hours will usually relieve this feeling.
- Sometimes pain medications can cause nausea. If your nausea is persistent, please call our office.

## Hygiene:

- It is important to keep your surgical sites clean. You will be able to shower after 24 hours post-procedure. Only clean the incisions gently with dilute (50% water/50% peroxide) peroxide solution or water only. Only apply antibiotic ointment. Do not apply other chemicals or creams to the skin. When you shower, you may wash the hair but only use a gentle shampoo such as baby shampoo. Pat the skin dry, do not rub the skin. Avoid combing the hair, a soft hairbrush is better for grooming the hair. When showering or combing your hair, you may find that some hair comes out. This is ok - these are strands of hair that were cut during your procedure and the hair will grow back. Please consult with your surgeon before applying any other soaps, conditioners, or chemical treatments for up to three weeks after your operation.

## Activity:

- For the first 48 hours, rest is necessary. It is best to keep the head elevated and to avoid activities that increase blood pressure such as heavy lifting, exertion, coughing, clearing the throat, or "bearing down" while having a bowel movement. For the first 4 weeks after your operation, you should avoid strenuous physical activities or activities that involve turning the head excessively (i.e. Golfing, yoga, aerobics, etc.). The sutures in place can become dislodged before complete healing in this time frame.

**Follow-Up Schedule:**

You will be seen the day after surgery to have dressings and drains removed. Then, you will be seen at 1 week, sometimes 2 weeks, 6 weeks, and 3 months. Initial wound healing is generally complete by 2 weeks.

**Additional Information:**

DO NOT SMOKE. Smoking post-operatively may lead to the following:

- Delayed wound healing
- Infection
- Increased postoperative pain
- Need for additional procedures.

**Please contact our office at 701-478-4404 with any questions or concerns.**