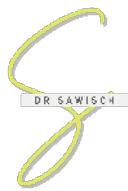


POST-OPERATIVE INSTRUCTIONS: FACE LIFT/ MINI LIFT/ NECK LIFT

- Since you have just undergone a major surgical procedure, please use good common sense, use your best judgment and do not ignore signs from your body.
- Following surgery, there may be a large bulky dressing around your head. Dr. Sawisch will remove the dressing after 72 hours.
- You may be up and around the day following surgery, however, some natural fatigue may persist for two to three days due to the normal effects of the anesthesia and surgical procedures.
- You may eat a normal diet the day following the surgery. In moderation, talking and smiling are perfectly acceptable.
- Keep your head elevated on at least two (2) pillows during sleep for the first fourteen (14) days in order to keep your head higher than your heart to help reduce swelling. Do not sleep face down, but rather on your side. Apply ice packs (frozen peas or corn in a plastic bag work well) for 20 minutes on and 20 minutes off the first 48 hours. After that, moist, gentle heat should be applied.
- You may gently shampoo your hair 48 hours after the surgery, but do not use conditioners or gels. Baby shampoo is strongly recommended. Avoid any strong rubbing or combing trauma to the incision in the hair and around the ear. Do not blow dry your hair for seven (7) days and postpone any permanent hair treatments including hair coloring for three to four weeks following surgery.
- You may gently cleanse the incision lines daily with hydrogen peroxide diluted with water ($\frac{1}{4}$ hydrogen peroxide, $\frac{3}{4}$ water), and cotton pads or Q-tips. Apply Vaseline ointment twice daily to the incision lines in order to avoid excessive crusting to the incision. Do not apply any other ointments or medications to any other areas unless prescribed.
- Do not take any aspirin or medication containing aspirin for two (2) weeks and then only on the advice of your personal physician. Other routinely used medications may be taken as necessary.
- Some sutures will be removed around the seventh (7th) postoperative day.
- Some facial swelling, neck swelling and bruising are normally present after facelifts, but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the same operation.
- The entire face will be swollen for 1 to 2 weeks, but swelling will start resolving 72 hours after surgery. Swelling will not always be symmetric over the face and can be irregular.
- Bruising, although generally localized, may be distributed throughout the face and will last 1 to 2 weeks. The color may be purple or yellow.



- It is acceptable to do some light walking 72 hours after surgery. Avoid excessive exercise, straining, lifting or bending activities for at least one to two weeks. When you move, stand, or change positions, do so deliberately and carefully for the first seven (7) days. In turning your head, move the head and shoulders deliberately as a single unit. Jogging and light non-contact exercise should not be resumed for three (3) weeks, and strenuous sports require six (6) weeks of healing before being safely resumed.
- Excessive exposure to sun (including sun tanning parlors) in the first three (3) weeks after surgery may result in prolonged facial swelling and injury to the skin, and should be avoided. Thereafter, you should always protect your skin with a strong sunscreen in order to decrease the inevitable aging effects of the sun on your skin. We offer a sunscreen product with a full line of maintenance skin care products.
- Dimpling of the cheeks sometimes occurs but disappears within 2 to 3 weeks.
- Pain around the ears, especially upon applying pressure, may persist for several weeks.
- A feeling of tightness behind the ears and upper neck will last for a short time. The tightness peaks around the third week.
- Months after surgery, you may suddenly experience some swelling in a certain area. Remember that the more extensive the surgery, the longer the recovery period, but the more impressive and longer-lasting the result will be after your procedures. Healing is not complete as long as you have swelling and sensitive areas, and thus, the final appearance has not been achieved.
- The recovery period varies. Although most bruising disappears in several weeks, residual swelling may last for months. Your appearance is generally presentable in 3 to 5 weeks, but healing continues for up to one (1) year. The most sensitive areas are normally the cheekbones and around the ears, but you may experience tightness in the neck or cheeks as well. Tissue healing may be influenced by many factors.
- Your earlobes and portions of the face that have been lifted and repositioned will be slightly numb for several weeks; sensation will then return as healing progresses. Do not wear heavy or tight earrings for 6 weeks.
- Any unexplained development of pain, facial swelling or fever should be reported to us immediately.
- It is very important for your well-being that you follow completely all instructions given to you by this office and that we check your progress regularly following surgery.