The Patient Following Facelift Surgery

Thank you for choosing the MCG Health System for your health care needs. This information is to help answer some of the questions you may have about your operation and to give you instructions to follow during your recovery period. If you have any other questions, please ask your doctor or nurse.

Activity:

1. Limit your activity for the next 24 hours. You may then gradually resume your usual activities as you feel like it.
2. Expect your face to be swollen, bruised and numb. Minimize your head motion. Do not bend your neck forward or backwards.
3. Avoid lifting or bending, active sports, strenuous activity or heavy housework for four to six weeks. Objects that cannot be lifted with one hand are considered too heavy. You may walk and do light household activity.
4. Do not drive for weeks, until all soreness is gone. Do not drive while taking prescription pain medication. It may make you drowsy.
5. You may return to work.

Wound Care:

1. Do not get your incision areas wet for at least 48 hours after surgery.
2. If any reading is done the first seven to 10 days, the reading material should be held or placed at your eye level to reduce tension on the incision behind your ears.
3. Wait at least four weeks before tinting, dying, or bleaching your hair.
4. Avoid getting overheated and prolonged exposure to the sun for two to three months.
5. Use sun screen for one year to prevent sunburn and facial swelling.
6. Cleanse skin and use prescribed cream as directed after bandage removal.
7. Usually makeup may be applied in about one week. Pat the makeup on and avoid stretching the skin. Some department stores (Dillards, Macy, and J.C. Penney) carry a brand of makeup specifically for post-face lift patients called Dermablend.
8. Keep hair dryer on cool setting while in use, as your scalp may be numb after surgery.
**Diet:**

Drink clear liquids through a straw to begin with. You may resume your usual diet when chewing becomes more comfortable and you are not having any nausea from your anesthesia.

**Call Your Doctor If:**

- Sudden pain occurs
- You have a fever over 101.5° F
- You have severe pain
- You have redness or swelling around your incision
- You have bleeding or discharge (pus) from your incision or if the edges open up
- You have persistent nausea and vomiting that can traumatize your incisions by putting tension on your sutures

**Follow-Up:**

We will give you an appointment to return to the clinic. It is important that you keep this appointment so that your doctor can be sure that you are healing and to arrange any further care that you might need.

If you need to talk to your doctor, you can call:

706-721-2198 and ask to speak to the nurse, or after hours, the Plastic Surgery physician on call