

FACE/NECK LIFT AFTER CARE INSTRUCTIONS

1. Shower the night before using any antibacterial soap such as Dial. Gently wash your face on the morning of your surgery. Please do not apply any makeup.
2. Wear a button down shirt the day of surgery. Please avoid anything that needs to be pulled over your head. Comfortable pants such as sweats or jogging pants are best.
3. Do not take aspirin or aspirin containing meds for 14 days prior and 7 days after. Other routinely taken medicines may be taken. Avoid alcohol for 2 weeks before surgery.
4. Do not smoke at least 2 weeks prior to surgery and 3 weeks after. This is very important.
5. Sleep on at least two pillows for the first 14 days. Do not sleep face down.
6. Avoid straining of any kind for the first 7 days.
7. Some swelling, bruising, and numbness are normally present after surgery. Cold compresses should be applied for the first 72 hours after surgery. 20 minutes on / 20 minutes off while awake.
8. A light diet is best following surgery. Begin by taking liquid slowly and progress to soups or jello. You may start with a soft, regular diet high in protein the day after surgery.
9. You may have drains in place under the skin after surgery. These will be secured but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to your caretaker. The drains are usually removed the day after surgery.
10. Avoid turning your head to either side for one week as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
11. The dressing can be removed the day after surgery. A smaller dressing will be worn for 3 more days.
12. Facial movements (smiling and yawning) should be kept to a minimum for the first week.
13. After your dressings and drains have been removed you may wash your hair with baby shampoo. It may take several washings before all the crust and ointment is out of your hair. Do not use hairspray, conditioner, gels, etc. while the stitches are in place. You may start washing your face gently and use a moisturizer on your face, being careful to keep it away from the stitch lines.
14. Your hair may be dried with a blow dryer on a cool, not a hot, setting.
15. Hair coloring should be delayed for 4 weeks after surgery when healing is completed and no crust remains.

16. You may be up around the day after surgery. Light walking can begin 72 hours after surgery while strenuous exercise requires 6 weeks before being safely resumed.
17. The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 6 months. Wear a wide brim hat and sunscreen (SPF 20 or greater with UVA and UVB protection) if you are in the sun for prolonged periods, or even on cloudy days during this time.

GENERAL INSTRUCTIONS AND SCAR CARE

- Your face/neck will feel tight but not necessarily look tight (it will look natural) and there will be a feeling of numbness in these areas for several weeks to months after surgery. This is normal and will disappear over time and the feeling will return.
- Use Bacitracin on incisions until sutures for one week. Then begin applying the healing cream that Dr. DeFatta recommends.
- Cosmetics can be worn on the face as early as 10 days after surgery.
- **DO NOT WEAR PULLOVER CLOTHING OR HAIRPIECES FOR 4 WEEKS AFTER YOUR FACELIFT AS YOU COULD DISRUPT YOUR EARLOBE OR HAIRLINE INCISIONS.**
- It is important to be seen by Dr. DeFatta after your initial post-op checks. He will see you in follow-up appointments at 1 week, 3 months, 6 months and 1 year post-op.

CALL THE OFFICE AT (715) 828-2368 IF YOU NOTICE ANY OF THE FOLLOWING

- If you develop a fever (oral temperature greater than 101°).
- Unusual bleeding or discharge from the incision.
- Significant progressive increase in pain which is not easily relieved by taking your prescribed medication.
- Repeated vomiting.
- Nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication.
- You can expect some swelling of the face and eyes after surgery. If you develop acute onset of swelling on one side of your face or neck, which is definitely more pronounced than on the other side.

Don't take any chances! If you are concerned about anything, please give our office a call at 715-828-2368.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.

Robert J. DeFatta, MD, PhD, FACS