



Patient Instructions for Facelift

Pre- operative:

1. Arrange transportation for morning of surgery, and have someone with you 24 hours after procedure.
2. Two weeks prior to surgery discontinue all use of all Aspirin or Aspirin-like products including but not limited to Motrin, Advil, Aleve, Naprosyn, Herbal Supplements, Fish Oils, etc. Tylenol is okay. Do not resume until two weeks after your procedure.
3. Purchase Saline nasal spray (OTC) prior to surgery, to be used after.
4. Wear something comfortable day of surgery, something that preferably buttons or zips up the front for a top and shoes easy to put on.
5. Shower the morning of surgery.
6. Remove contact lenses, any lotions on the skin, all make-up, jewelry (including body piercings) prior to coming in.
7. Do NOT eat or drink anything after midnight the night before, unless otherwise advised by Dr. Perry or Anesthesia provider.

Day One Post-Operative:

1. Keep your head elevated for three days following surgery, this is to help keep swelling down.
2. Get up and slowly walk around at least once every hour to help circulation.
3. Take your prescribed medications as directed.
4. Drink plenty of fluid. Avoid alcohol and caffeine during healing.
5. No bending, lifting and straining for two weeks. Stay in bed and relax.
6. Keep head wrap/ bandages dry.

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Day Two Post Operative:

1. Bandages and/or drains will be removed by Dr. Perry.
2. Gently cleanse the area around your incision with mild soap/ shampoo (baby shampoo).
3. Apply Hydrogen peroxide, followed by Bacitracin ointment to incisions using Q-Tips, twice daily.

Day Three Post Operative:

1. As nerves heal, numbness may be replaced by itching. These sensations may take up to a year to fully resolve.
2. Some of your hair around the incision may temporarily be a bit thinner or fall out. Normal growth will usually resume within a few weeks to months after procedure.
3. Do not smoke or color your hair for four weeks after surgery.
4. Sutures and staples will be removed at your one week post-op appointment.

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