CHRYSALIS COSMETICS

Browlift/Facelift Instructions

1. You will have a head wrap on, do not remove this yourself.
2. Keep your head elevated for a minimum of 1 week following surgery to keep swelling down. Do not sleep on your side or stomach for at least 2 weeks.
3. No bending, lifting, or straining for at least two weeks. This includes sexual activity. Do not become overheated as this causes blood vessels to dilate which can lead to bleeding.
4. You may experience temporary discomfort/ swelling and/or discoloration of the face or around the incisions. Your earlobes will be swollen, this is normal. All sutures will be removed at 1 week appointment.
5. Minimize talking, laughing, or vigorous chewing during the first few weeks. To minimize swelling limit salt intake. Avoid alcoholic beverages for 2 weeks as they can increase risk of bleeding/swelling.
6. Do not wash your hair until headwrap is removed. Once removed, you may shower with lukewarm water, and use a gentle/mild shampoo (i.e. baby shampoo). Hair may tangle after surgery, it is okay to use a conditioner and/or detangler on the ends of your hair, keep product away from incisions.
7. Use hydrogen peroxide to clean all incisions twice daily. Apply Bacitracin ointment (found over the counter) to all incision sites for a minimum of 4 times a day.
8. Take prescribed medications as directed to remain comfortable. Driving, operating machinery, consuming alcohol, or making important business decisions must be avoided for at least 5 days, while taking any narcotic pain medications.
9. Avoid taking Aspirin, Ibuprofen, Aleve, fish oils, vitamin E, Herbal supplements, etc. as these are blood thinning and may increase risk of bleeding post operatively for a minimum of 2 weeks after procedure.
10. Nutrition: 1-2 capsules daily of vitamin C (500mg), Zinc (50mg), and Echinacea can significantly decrease post op swelling and speed healing with little to no scar.
11. If you have severe swelling, rash, increased bleeding, difficulty breathing, temp above 101, increased pain, please call the office at **(916) 273-7435**.

***If you have a life-threatening emergency, call 911.**

Patient Name (Print):_____

Patient Signature: _____ Date: _____

Witness Name (Print):_____

Witness Signature: _____ Date: _____

785 University Ave.
Sacramento, CA 95825
P: 916.273.7435



Facelift/Browlift Wound Care Instructions Post-Op

1. If you have drains in, DO NOT SHOWER until drains are removed

2. Shower once a day after dressing is removed, use baby shampoo near incision sites.

3. Wear facial compression as much as possible for the first week, please ensure the facial garment is not too tight, this can cause other issues.

4. Wound care should be done a minimum of 4 times a day. New Q-Tip each side of the face for cleaning.

5. Take a Q-Tip and dip in hydrogen peroxide, use along incisions around the ear and under the chin. *Avoid hydrogen peroxide in the hair, it will dye the hair. Only bacitracin in hair incisions.

6. Take a Q-Tip and use Bacitracin Zinc ointment over all the incisions, around ears, under chin and browlift incisions.

Patient Name (Print):_____

Patient Signature: _____ Date: _____

Witness Name (Print):_____

Witness Signature: _____ Date: _____

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