



## **L&P Signature Facelift Aftercare Instructions**

### **IMMEDIATELY AFTER THE PROCEDURE:**

When you wake up from facelift surgery you will notice a soft, bulky head wrap dressing. The dressing will be tight and mildly uncomfortable. Attached to your head dressing are two small drains. These drains collect excess fluids and help prevent infection. Following your facelift, the nurses will ask you to meet the discharge criteria: to drink liquids, walk with a steady gait, urinate, manage your discomfort, and monitor and empty the drains.

Dr. Lieberman and Dr. Parikh like to see all patients after surgery early and often. You will be asked to come to our office the following day after facelift surgery for a dressing change and drain removal. There are usually three additional suture removal appointments following your surgery. You will be asked to return in four to five days after your facelift for your first suture removal. You will likely have an appointment at 7 and 10 days after surgery for the completion of suture removal. When all sutures are removed you may then begin wearing make-up to camouflage any residual bruising or redness.

### **Wound care:**

Keep dressing dry and intact the evening after facelift surgery. Notify your doctor if the dressings become loose or fall off. If necessary, have your caregiver manage your drains though they will be taken out the day after surgery. A nurse will show you how at the time of discharge and provide you with "Caring for your drain" handouts. Following dressing removal the morning after surgery, an elastic (ace) wrap will be applied. The bandage removal is not painful nor is the application of the elastic (ace) wrap. We will again instruct you on suture care.

### **DAYS 2-10 AFTER SURGERY:**

#### **Incision Care:**

Incisions should be cleaned twice per day. This is a simple three step process. First - Clean the sutures with a soft gauze dipped in hydrogen peroxide. For the area inside the bowl of your ear, use a qtip dipped in hydrogen peroxide to clean away that area. Do not stick the qtip into the ear canal. Second - gently pat the incision line with a clean dry gauze. Third and final step - apply a generous amount of antibiotic ointment (polysporin/bacitracin/stratamed) at least twice a day. This is an important part of the incision care process. Sutures that have been kept lubricated with ointment are less painful to remove and allow the incision lines to heal with minimal scarring. Keep the elastic ACE wrap in place at all times after cleaning sutures and incision lines for the first 4-5 days after surgery. After the first suture removal appointment the ACE wrap should be worn during naps or at night while sleeping.

Your sutures will be removed in 2-3 separate appointments over the first 9-12 days after surgery. After sutures are removed, steri-strips with a mild skin adhesive will be applied. Steri-strips should remain dry and in place for two to three days. If they peel off on their own, that is okay. If they have not come off by two to three days you can peel them off gently.



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### **Activity:**

Sleep with head of the bed elevated or use two to three pillows for one week. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap. You are encouraged to walk about the house, but avoid bending over at the waist, picking up heavy object or straining of any kind. If you overexert yourself, bleeding or prolonged swelling may result. You may slowly resume your activities beginning the first week. Let your body tell you how much to do. Seven to ten days after surgery it is okay to participate in some light walking. Exercise may be resumed in 3 weeks. Build up to this level slowly. In any event, do not strain (even on the toilet) or grimace your face. Avoid excess sunlight. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions.

### **Shower/Bathing:**

Bathing is permitted as long as you don't get your incisions/hair wet for the first two days. You can wash your hair after two days with baby shampoo. Shower in tepid water even though the sutures are present. Slowly and carefully clean your hair by rolling it between your fingers. It is normal for your hair to feel stiff and dry. Baby shampoo (included in box) acts as a good softener. Please do not use any conditioner. You may resume using your regular products (shampoos, conditioners, gels, hair sprays etc) once your sutures are removed and you are cleared by your surgeon (typically 2-3 weeks).

**Diet:** Advance diet from liquids to soft food to your regular diet as tolerated.

### **Ice after Facelift BUT NOT IF YOU ARE HAVING A FAT TRANSFER:**

During the day and evening of surgery, cold compresses can be used continuously over the cheeks to minimize swelling and control bruising (20 minutes on, 20 minutes off). There are several techniques for icing which are effective. A plastic glove filled with ice or cool compresses are the preferred methods. Icing for 24-72 hours is recommended, icing after this period can be used for comfort.

**Medications:** See Medication Instruction Sheet

### **HOW TO TURN YOUR HEAD AFTER FACELIFT**

Your neck and jaw will likely feel tight in the immediate postoperative period for the first 7 to 10 days. Three weeks after surgery you may begin neck range of motion exercises. Perform these exercises several times per day for one to two minutes at a time. Someone on our staff will show you how to do these exercises.

### **WHAT TO EXPECT DURING HEALING**

In front of the ears, behind the ears, along the cheeks and into the neck there is a mild numbness to the touch. This is always a part of the facelift procedure and completely normal. This numbness begins to subside in a couple weeks over a couple months, moving from front to back. It may take three months for sensation to return to the area. In very rare instances some numbness may persist.

At the end of the first week and the beginning of the second week, you may feel a little blue or depressed. 'This common reaction to facelift surgery is transient. In the next few days, as the bruising fades, the swelling subsides and you resume your normal life, a sense of elation replaces the down feeling. This "blue" feeling may occur even though you have read about it and tried to avoid it.



A E S T H E T I C S

## Facelift

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#### Sun Exposure:

Always protect your face from the sun. At this point, a hat and sunglasses are a good idea. Following facelift surgery, our staff will tell you when it is ok to apply sunscreen, cosmetics or facial creams. Avoid prolonged sun exposure for three weeks after surgery. Avoid unprotected prolonged sun exposure for three months following facelift surgery to prevent pigmentation of incision lines.

#### Optimal Scar Management:

Drs. Lieberman & Parikh recommend an initial set of strategies to help minimize the risk of scar formation. This includes the use of a new generation liquid silicone gel – Strataderm. This should be combined with UV protection of the incisions and hydration. Our customized scar management kits are available for purchase in the office.

#### Makeup & Hair:

Makeup can be started 12 days after surgery along your incisions to camouflage any bruising or redness. If there is bruising that is not on your incisions (cheeks, bottom of neck) it is okay to camouflage that one week after your surgery. Refrain from coloring your hair for five weeks after your surgery.

***Please Remember! Swelling, bruising and disrupted sleep are very normal postoperative facelift. Symptoms and will decrease as the healing process occurs. Assistance with daily activities the first day or two after surgery is recommended.***

#### CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degree F or greater
- Pain not relieved with pain medication
- Immediate Swelling, redness, bleeding and or foul drainage from an incision site
- Persistent nausea and/or vomiting
- Any other concerns

***Here is our office telephone: (650) 327-3232. If you need to reach us after normal clinic hours, use the same number and you will be connected to our 24-hour answering service.***

**I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Print Patient Name: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_