



Pre and Post Operative Instructions FACELIFT

BEFORE SURGERY

1. For your comfort, please bring a pair of sunglasses to wear after surgery.
2. No make up or lotions on your face prior to surgery.
3. If you bleach, tint, colour or perm your hair, then please do so no later than 1 week prior to surgery . It will be at least 6 weeks before you can have this done again.
4. **DO NOT CUT YOUR HAIR** before surgery in order for incisions to be covered postoperatively.
5. Please bring a headscarf with you to wear if needed the day of surgery.

AFTER SURGERY

1. Please bring a headscarf to your first post operative visit.
2. Ice compresses to the exposed areas of your face for the first 48 hours home will be helpful to reduce any expected swelling.
3. You may wash your hair three days after surgery.
4. Consume a liquid to soft diet for 3 days after surgery.
5. Do not go out into direct sunlight exposure for 6 weeks after surgery.
6. Protect your skin always with a daily sun block.
7. No alcohol should be taken for 48 hours after surgery.
8. You may experience some swelling of the face and you may also have bruising on the neck and chest. This is normal and should disappear within two weeks.
9. Should you have pain not relieved by your prescribed medications, please call.
10. If you are bleeding through your bandages, do contact the surgeon or the hospital immediately.
11. When sleeping, **LIE ON YOUR BACK** with you head at approximately a 45o angle for seven nights after surgery to help minimise any swelling. This can be accomplished with two pillows under your head.
12. Limit activities such as bending, straining and lifting. Avoid excessive neck turning movements and heavy physical exertion for the first month. Avoid also any movements that will give you the feeling of pulling or tightness along the incision line. We do not want you to stretch your incisions.
13. Post operatively; massage your face with moisturising cream where you are able. Arnica cream works well.
14. You may have a facial after 6 weeks. Enjoy!

Please note this hospital has a no smoking policy