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Face Lift

- The dressing you were sent home from the hospital in must be worn as much as tolerated for the first week.
- After surgery it is best to go to bed and elevate your head and shoulders on at least 2 pillows. Avoid bending forward at the neck for the first week.
- For the first 48 hours, avoid any type of straining. You should be up and around as much as possible. It is not good to lie in bed without moving, so flex your feet and legs a couple of times every hour while you are awake.
- You may start cleaning along the suture lines in front of the ear, behind the ear and under the chin. Use half strength hydrogen peroxide. (Use tap water to dilute)
- After your dressings have been removed you may wash the hair with gentle or baby shampoo. It may take several washings before all the crusts are out of your hair. Do not use hairspray, conditioners, gels etc. while the stitches and clips are in place. Hair color would be delayed for 3 weeks after surgery. Be careful using a comb or brush, it may get caught in suture line
- You may start washing your face gently with a bland soap (Ivory, Neutrogena, etc.) You may use a moisturizer on your face being careful to keep it away from the stitch lines.
- Your hair may be dried with a blow drier on a cool setting only!
- Normal activities can be gradually resumed after 2 weeks but strenuous activities should be avoided for another 6-8 weeks.
- Protect your facial skin from exposure to the sun for 8 weeks. Wear a wide brim hat and sun screen (SPF 15 or greater) if you have to be in the sun for a prolonged period of time.
- Your neck and face will feel tight and there will be a feeling of numbness in these areas for several weeks to months after surgery. This will disappear and the feeling will return with time.

- The scars and any areas of bruising can be massaged with a moisturizing cream, Vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these scars.