**Facelift Post-Operative Instructions**

Be aware that smoking, alcohol and recreational drugs or the use of unauthorized medications may lead to complications and jeopardize the results of your surgery.

**Diet**: please avoid salty foods since it can make any swelling worse. Resume your previous diet.

**Showering**: The day after the procedure, to shower remove your surgical dressing. You can shower and get the wound wet, but no scrubbing. The sites of your surgery may not have normal sensation, before getting into the shower please test the water temperature with a part of the body that has normal sensation… if the temperature is normal its ok to shower with that water.

**Activity**: To help minimize facial swelling, over the next 72 hours rest comfortably with your head elevated above your shoulders. Please avoid having to strain or lift anything where you have to exert yourself (this may raise your blood pressure and suddenly cause bleeding). Have someone assist you in getting out of bed and going to the restroom during the first 72 hours after surgery. Do not engage in any strenuous activities for the next 4-6 weeks after surgery. To minimize exertion avoid bending over or lifting heavy objects for the first 5-7 days. You may resume light exercise and or your normal activities after your first post-operative visit with your doctor. However, avoid any contact to the operative site during the first six weeks after surgery.

If you wear contact lenses, you should wait approximately 5 days after surgery before inserting them. This will allow the eyes time to regain its normal function and ability to lubricate themselves.

For two-three weeks after surgery or until instructed by your doctor do not use any make-up on the incision site.

**Medications**: For pain, if you are not allergic to it, start with Tylenol 650 mg as needed every four hours. If you need anything stronger please use the prescription for pain medicine Dr. Chattar Cora has given you. If you do take the prescribed pain medication please do not drive or operate any machinery that may harm anyone. Take the prescribed antibiotics as directed.

If you are given ophthalmic ointment and/or eye drops apply as directed by your doctor. If the ophthalmic ointment gets in your eyes do not be alarmed if your vision becomes blurred, this is a normal occurrence. Continue this care until your post-operative visit with Dr. Chattar-Cora.

All new scars have a tendency to darken when exposed to sunlight or tanning beds. Using sunscreen with a minimum of SPF 15 for the next 3-6 months may help prevent the scars from darkening.

**Dressing**: if your original gauze dressing is not soiled you may reuse it to reapply… place soft cotton dressings around the face to gently pad the surgical sites of the neck and or forehead and gently use the ace wrap to keep the gauze on… the dressings should feel comfortable, not tight.

**Follow-up**: During normal business hours Monday-Friday 900AM-500PM, please call 210-265-1924 for an appointment that is convenient for you. If you have any changes in your vision or severe headaches or nausea or vomiting please call 210-265-1924 immediately.