**Face-Lift Post- Op Instructions**

These are some guidelines to help you during your recovery. They are not meant to be all- inclusive and you should call the office if you have additional questions or concerns.

Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.

You will need a family member, spouse, or friend to bring you to and from the medical facility. You will not be able to transport yourself home after surgery.

Hair coloring/treatments need to be done prior to procedure because they may not be done for 6 weeks after surgery.

Avoid wearing lotions, fragrant soaps, or perfume the day of surgery.

The surgery generally takes approximately 2 to 3 hours to perform.

The first post op visit to the office will generally take place 5 to 7 days after your procedure. We highly recommend to not miss this appointment. If you have drains you will need to be seen the next day.

You will have a large gauze bandage wrapped around your head when you come out of surgery. It should be snug but not strangulating. You may adjust the dressing if necessary. If unsure how, please call the office. You may remove the dressing in 2 days. You may then shower.

You will be very swollen and bruised for several days to weeks after your surgery. Do not be alarmed, it is normal. Keep your head elevated between 48-72 degrees at all times after your surgery (even to sleep). You may do this with extra pillows or in a recliner chair. This will help reduce the swelling following the surgery.

You may shower 24-36 hours after your procedure. Do not use hair products or a hair dryer.

If you experience a high fever (T. 101), excess drainage from the incision (s) excess swelling, redness, pain, or foul odor, please contact the office at (302) 888-0508