

FACELIFT/NECKLIFT/BROWLIFT

Dr. Kirkpatrick

Post-Operative Instructions

1. Keep head straight and elevated on 2 pillows for the first 48 hours. Vision may be blurred if there is ointment in the eyes. Keep cool compresses around the face and neck for the first 48 hours. Change every 20-30 minutes or as necessary.
2. If you notice any unusual localized swelling, excessive bruising or drainage in an area which is new, please call the office as soon as possible.
3. Take all medications and as prescribed.
4. Sutures and/or staples in the hairline (if any) are removed 5 -10 days after surgery. Hair color must wait until stitches have been removed and healing has progressed. This will take approximately 3-4 weeks.
5. When bending, bend at knees only – not with head down. Do not engage in any activity that causes blood to rush to your head for 2 weeks after surgery.
6. Intermittent discomfort may occur during the first month after surgery as part of the healing process.
7. You can shower 2 days after surgery, please use a mild shampoo.
8. No strenuous activities or exercise of any kind permitted for one month. You may start non-impact lower body exercises after 3 weeks, increase your activity slowly.
9. No makeup for 1 week.
10. Obvious bruises and swelling subside in 2 weeks. Some swelling may persist longer. Do not lie face down for one month.
11. Avoid sun and use a sunblock product when outdoors, for 6 months post operatively.
12. Incisions may be raised, red and feel "lumpy" for up to 3 months.
13. Driving and flying are permitted after one week. Do not drive until off narcotic pain medication.
14. Swelling and bruising are a normal part of the recovery process and will begin to subside one or two weeks after surgery. Excessive or uneven swelling should be reported to the office. Any excessive bleeding, pain or hardness should be reported to the office immediately.
15. No aspirin or aspirin containing products, and no Vitamin E to be taken for 2 weeks before and after surgery. You may apply Arnica Gel twice a day to any bruised area to facilitate healing.
16. Drink copious amounts of fluids to keep hydrated. Eat a balanced diet rich in protein and vitamins. Start walking with help if necessary, beginning the night of surgery to prevent blood clots in the legs. If taking narcotic pain medication, supplement with prune juice or over the counter stool softer to avoid constipation.
17. Call the office for any fever, reddening, inability to urinate, lightheadedness or excessive discomfort or any other concerns. (863) 665-8878