



POST-OPERATIVE FACELIFT INSTRUCTIONS

1. After discharge, leave the dressing in place. Apply cool compresses (ice water, not ice bag) for at least 48 hours post-op. The bulky dressing placed at the time of surgery puts some pressure on the areas operated on and helps soak up any external drainage of normally occurring serum and blood. If the dressing is too tight or causes pain, please call us at (610) 527-4050. You may be instructed to cut part way or completely through the portion of the dressing under the chin. This will usually relieve the discomfort. Removing the entire dressing will not cause any problems in the unlikely event that this seems to be necessary. We remove the bulky dressing the morning after surgery. After that, there are no more dressings.
2. Keep head elevated on 2 to 3 pillows with neck in a neutral position. Do not bend neck (chin to chest) or lie on your side. Do not bend, strain, or lift for 2 weeks.
3. On each side of your face, a small drain may be placed under the skin and brought out through a small incision made in the temple. These drains evacuate the fluid that accumulates after surgery and enables you to heal faster. The drain will be removed the next day at your post-operative appointment. Empty drain reservoirs every 4 hours, squeeze bulb, and replace cap (plug). Record amount of fluid removed on the document provided by our office. Dispose of fluid in the toilet.
4. You may shower and shampoo your hair the day after the drains are removed. Dried crusts in hair or around incisions may be loosened with peroxide as needed. Avoid coloring your hair for 6 weeks post-op.
5. Antibiotic ointment may be lightly applied to incisions (sparingly) in front of ears daily for the first 10 days.
6. Dental care is often best accomplished during the first week with Toothettes (obtained from a health and beauty aids store) and toothpaste rather than with a toothbrush. No make-up for at least 2 weeks postoperatively.
7. Bruising and swelling is normal early after the surgery. Report excessive or a sudden increase in pain, increased swelling (especially if on one side more than the other), or an abrupt increase in bruising or redness, blisters on the skin, or fever (temperature over 100 degrees F) immediately.



8. It is imperative that your scars be protected from the sun for a good 6 months after surgery. Use a sunscreen with a skin-protection factor (SPF) of at least 30 for 15 days after your sutures are removed. All the skin of the face and neck may feel dry and chapped after facial surgery. We recommend that you make frequent and liberal use of a good moisturizer without fragrances in it.
9. No driving or housework for a week. No lifting or exercise until approved by your surgeon. Avoid lowering your head.
10. Keep your diet light the first few days. Avoid greasy or spicy foods. No excessive chewing.

Make an appointment to see Dr. Westawski for 5 to 8 days after your surgery.

1st Post-Operative Appointment _____