

Facelift Post-Operative Care

- Make sure you have a post-operative appointment scheduled one week after surgery.
- You may resume all medications as per your medical doctor.
- Take your antibiotics or pain medication as prescribed. Having some soreness and pain is normal after surgery. If something makes you sick, please call the office.
- Sleep elevated the first week on your back in a recliner or in a bed with a wedge pillow or 3-4 pillows.
- The gauze dressing around your head is safe to remove the next day. If you feel uncomfortable doing so, please call the office to make an appointment to have the nurse remove it for you.
- You may shower 2 days after surgery, stand with your back to the shower spray and you may use any shampoo or soap you normally use.
- Be careful not to place your head in any position beneath your waist; this includes no bending, squatting, and no heavy lifting over 10 lbs. the first week.
- You do not have to apply any special dressings or ointments on your incision.
- Walking short distances is encouraged, but no strenuous exercise the first month.
- We will review further care with you at your post-operative appointment.