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Plastic & Reconstructive Surgery
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FACELIFT POSTOPERATIVE INFORMATION

1. You may experience double vision for several hours after surgery because of the local anesthetic solutions that are injected into the tissues.

2. You will be allowed to leave the day of surgery with a nurse to spend the night with you. You must arrange to have somebody pick you up, as you will be unable to drive.

3. When you return home, stay in bed with your head elevated on a couple of pillows. No lifting, straining, or bending over is allowed. Sleep with your head elevated for the first week after surgery in order to reduce swelling.

4. You can expect moderate discomfort, swelling, and bruising. The swelling and bruising usually worsen the first two or three days after surgery. You will notice that the swelling is worse in the morning and will decrease as the day progresses. Most of the swelling and bruising will diminish gradually over two to three weeks, but sometimes a longer period of time is necessary. Use the medications prescribed as necessary. Avoid salty foods, which may increase swelling.

5. Take pain medications as directed. Remember not to take medications that may increase bruising or bleeding.

6. Avoid wind and dust when possible. For example, do not visit golf courses or drive with the top down.

7. You may shower and shampoo 24 hours after surgery. You may wash the incisions with normal soap and water, then pat dry

8. You will be able to return to work 10-14 days after surgery. Expect bruising to remain for 2-3 weeks. After two weeks you will be able to *gradually* increase your activities.

9. Do not fly for two weeks following surgery.