



SIGNATURE FACELIFT POST-OPERATIVE INSTRUCTIONS

Please read and familiarize yourself with these instructions, following these instructions carefully will assist you in obtaining the best result from your surgery.

You will need someone to drive you home and stay with you for the first 24 hours after surgery. Do not drive for 48 hours.

For the first 48 hours after surgery sit up or walk during the day, and at night sleep with the head of your bed flat, or sitting up in a recliner type chair. It is important to keep a neutral neck, avoid extreme flexion or extension while sleeping. **DO NOT sleep on your side. Do NOT bend over** (e.g., reading).

*Apply cold compresses (clean wash cloth soaked in ice water) regularly (20 minutes on, 20 minutes off while awake).

For pain and/or discomfort use Acetaminophen (Tylenol) 500-1000mg every 4 hours as needed (to a **maximum of 3000mg per day**). Stronger pain medication will be prescribed to you by Dr. Jaggi, only use if the Acetaminophen is not enough.

Watch for any abnormal swelling in the neck region shaped like a “goose egg” that feels firm, or fluid filled. If this happens, please contact Dr. Jaggi, as this may indicate a collection of fluid under the skin and may need to be drained.

Do not lift (greater than 10 pounds), bend forward, exercise, swim or fly for **2 weeks** following your surgery.

Do not wash your hair for the first **3 days** after surgery. You may wash your face carefully avoiding the dressing. Take tub baths until the dressings are removed. After your dressings are removed, you may shower. Cleanse all areas gently and pat dry. Make-up may be used at this time.

Do not be concerned if following removal of dressing, the face, nose, eyes, and upper lip show some swelling and discolouration. This usually clears in **2-3 weeks**.

For crusting around the suture line, cleanse gently with warm water. Avoid rubbing hard directly over the suture lines.

An ointment (**Repair**) for your incisions will be given to you. This should be applied twice daily once your non-absorbable sutures are removed

- If you have also received a CO2 laser, use repair on your entire face twice daily, including incisions
- If you also received an upper blepharoplasty, use **cytoderma** on your eyelid incision



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Avoid EXCESSIVE chewing and facial movements, as well as prolonged telephone conversations for one week after your procedure. Avoid turning your head from side to side, turn with your whole upper body.

Absolutely avoid direct sun or tanning for **6 weeks** after surgery. Heat may cause the face to swell. Wear a hat and sunscreen to reduce chances of sunburn.

It is normal to have numbness around the ears, and in the forehead that may come and go for up to **1 year**.

Wear clothing that fastens in the front or back for **1 week**. Avoid slipover sweaters, T-shirts, and turtlenecks.

Below are instructions specific to other procedures you may have had done:

Upper blepharoplasty – Do not squeeze or pluck your eyebrows for **2 weeks**. **Contact us immediately if you are having visual changes or a decrease in vision.**

Lower blepharoplasty - Do not squeeze or pluck your eyebrows for **2 weeks**. **Contact us immediately if you are having visual changes, a decrease in vision, or excessive swelling of the bottom lid.**

Brow Lift – Avoid washing your hair for 3 days. After that, when you do wash your hair, blow dry hair around the incision sites until they have fully healed.

Lip Lift – Gently wash the incision with **hydrogen peroxide 4x/day**. Ensure the sutures are dry before applying **Repair serum 2x/day**. Your mouth and throat may be dry due to mouth breathing. Use Vaseline on your lips and take regular sips of fluids throughout the day. Use a humidifier particularly at night. Try to cough or sneeze with your mouth open. **Do not** stretch or pull the incision to examine it. **Do not** blow your nose for **2 weeks**; wipe or dab gently with Kleenex if needed.

Fat Transfer – The area that fat was harvested from was closed with a dissolvable suture, this does not need to be removed. You may apply **cytoderma** to this area twice daily.



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Contact Dr. Jaggi if you develop any of the following:

- Redness or excessive bleeding from your incision.
- Severe pain, uncontrolled by pain medication.
- Excessive swelling.
- Signs of infection (discharge, fever, chills, redness at the incision).
- If you have been admitted to hospital within 10 days of having your procedure.

You will be given an emergency contact number upon discharge

FOLLOW-UP APPOINTMENTS:

Day 1: We will remove your headwrap and inspect the surgical site. If you received a brow lift and have a drain, this will be removed.

Day 3: Routine follow-up. May remove some sutures if present for hemostatic netting.

Day 7: Reassessment and suture/staple removal.