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## Postoperative Care for Facelifts

Please follow these instructions carefully. You should also review the materials on our website relative to your surgery. Your final result will depend upon how well you care for the treated areas.

**Take all prescriptions as directed.** **PERCOGESIC** (acetaminophen/ diphenhydramine) should be used as directed on packaging for pain. Only use **NORCO** (Rx) for breakthrough pain as prescribed.

Leave your facial dressing/ head wrap in place until Dr. Velargo removes it in clinic the following morning.

### **STARTING ON DAY 1 (the day after your facelift):**

**DO:** Shower on the first post-operative day (once). Allow warm water, without soap or shampoo to run through hair. Some hair will be knotted in the rinse at this time. It may appear that you are losing hair, but this is just a result of what was trimmed in surgery.

**DO:** Clean suture lines located around the front and back of the ear with **hydrogen peroxide** on a **Q-tip** 4- 6 times daily. It is not necessary to apply this to hair bearing areas (where staples are used).

**DO:** Apply **bacitracin ointment** to suture lines around ears after cleaning with hydrogen peroxide.

**DO:** Clean around surgical staples located in the hair-bearing incisions with **witch hazel** (if you have dark hair) or **peroxide** (blonde hair) and a Q-tip 4-6 times daily.

**DO:** Cleanse your face using warm water and **CeraVe Facial Cleanser**, using balls of fingers, before each new application to remove residual cream still left on the area.

**DO:** Shower once daily. Clean the scalp with **baby shampoo**.

**DO:** Elevate head of bed 30 to 40 degree for 4-6 weeks to help minimize swelling.

**DO:** Apply facial cold compresses several times daily for the first week to reduce swelling and discomfort.

**DO:** Wash face with lukewarm water only.

**DO:** Wear eyeglasses if necessary.

**DO:** Wear contacts, if necessary, unless eyelid surgery was also performed (then wait 10 days).

**DO:** Wear a wig if desired as long as it doesn't irritate the staples or sutures.

**DO NOT:** Apply bacitracin to the stapled incision line.

**DO NOT:** Pull ear forward while cleaning behind ear.

**DO NOT:** Use any hair sprays or conditioners for the first 2 weeks. No hair permanents for 6 weeks.

**DO NOT:** Use a curling iron for 4 weeks.

**DO NOT:** MEN; Do not shave for the first week.

**DO NOT:** Wash your hair or face for 24 hours after the sutures/ staples are removed (Day 7). Be sure to do this the night before or the morning prior to removal.

### **STARTING ON DAY 8:**

**DO:** Wash hair at salon, if desired. Hand dry on low setting only.

**DO:** Wash face with CeraVe Facial Scrub once daily using balls of fingers.

**DO:** Continue cleaning, as described above, **if crusts along incisions are still present.**

**DO:** Start applying water base make-up to face except areas of continued crusting.

**DO:** Wear outer velcro facelift strap at night only for 4 weeks total post-op.

**DO:** MEN; Shave with electric razor only. Shave upward so as to not pull against the facelift.

### **STARTING ON DAY 15:**

**DO:** Use a vegetable color rinse (Roux) in hair if desired.

**DO:** Restart Retin-A use at this time, if applicable.

**DO:** Use an SPF 30 sunscreen (e.g. FaceMD) over healed incisions if sun exposure is expected.

### **STARTING ON DAY 22:**

**DO:** Resume regular physical activity.

***Please call or email (photos are helpful) if you have any questions***