

## **Post-Operative Facelift/Necklift Wound Care:**

### **Supplies Needed For Post-Treatment Care:**

- Gentle cleanser (such as Cetaphil)
- 3% hydrogen peroxide
- Q-tips and 4x4 gauze
- Non-adherent gauze
- Vaseline or prescribed antibiotic ointment
- Ice packs
- Extra pillows for elevation of your head

### **Instructions**

- Apply ice packs to your face as much as possible for the first 24 hours
- Sleep elevated on two pillows for the first two nights or in a recliner to keep your head elevated
  - This reduces the extent of bruising
- Get plenty of rest.
- Follow balanced diet.
- Take all prescribed medications
- Take pain medication as needed.
- Decreased activity and taking pain medications, may promote constipation. You may want to add more fiber to your diet, and increase fluid intake.
- Do not drink alcohol while taking pain medications and antibiotics. Even when not taking pain medications, avoid alcohol for 1 week as it causes fluid retention.
- Do not smoke, as smoking delays healing and increases the risk of complications.

### **Activities**

- Keep activities to a minimum for the first 48 hours after your procedure.
- Walking is okay, it helps reduce swelling and lowers the chance of blood clots.
- Avoid excessively hot environments (i.e. hot summer weather).
- Avoid activities that raise your blood pressure for one week after surgery, including bending, lifting and sports.
- Do NOT bend over at the waist and Do NOT lift over 10 pounds for the first week.
- Do not drive until you are able to see completely and are no longer taking any pain medications (narcotics).
- You may resume exercise in 28 days and swimming in 6 weeks.
- Return to work based on how you feel.

### **Incision Care**

- Apply ice packs or frozen peas/corn in a zip-lock bag to the face continuously until bedtime
- Keep ice compresses on as much as possible for the first 48 hours to reduce swelling
- You may shower 48 hours after your procedure, do not wash your face/hair
- You do not need to do any dressing changes until after your first follow-up appointment which is usually the day after surgery
- After your first follow-up appointment and dressing change, you can cleanse the incision site/suture line with 3% hydrogen peroxide on Q-Tips in a rolling motion to remove any crusting. (This will promote healing and minimize the final scar line.)
  - Do this 1 – 2 times per day for the first 2 days.
  - If needed, you can place a gauze soaked in 3% hydrogen peroxide on the wound and let it sit for 5-10 minutes to help lift off some of the crusting.
- Apply Fucidin™ ointment or Vaseline after each cleansing until the wounds are healed.
  - Apply the ointment 1 – 2 times per day after the wound has been cleaned
  - The goal is to keep the wound continuously moist – try to avoid letting it dry out
  - Avoid Polysporine™

## Post-Operative Visible Suture/Wound Care (continued)

### What To Expect

- Maximum discomfort should occur in the first few days, improving each day thereafter.
- Maximum swelling and discoloration occurs on the second day and will improve each day thereafter
- It is **not unusual** for one side of the face to be more swollen or discolored than the other
- A slight amount of oozing from the incision is normal
- Numbness of the face is normal and will improve over time

### Appearance

- Bruising and swelling will gradually decrease over the first 1-2 weeks.
- Red and bumpy incision lines are normal concerns and will go away with full healing.
- Healing is a gradual process and your scars may remain slightly pink for 6 months or more.
- Tiny whiteheads may appear after stitches are taken out and can be easily removed
- Facial makeup can be applied after the sutures are removed (7 – 10 days)
  - As the incisions are healing, they can be inadvertently opened; avoid aggressively applying moisturizer or make-up

### Follow-Up Care

- You will be seen the day after surgery for your first dressing change
- The next follow-up visit is usually at day 7 for suture removal
- Typically we will see you there after at 1 month, 3 months, 6 months and 12 months.

### When To Call

- If you have increasing swelling or bruising.
- If you have increasing redness along the incision.
- If you have severe or increased pain not relieved by medication.
- If you have an oral temperature over 38°C.
- If you have any yellowish or greenish drainage from the incisions or notice a foul odor.
- If you have bleeding from the incisions that is difficult to control with light pressure.

Feel free to email with any questions at [info@drbrandt.com](mailto:info@drbrandt.com)