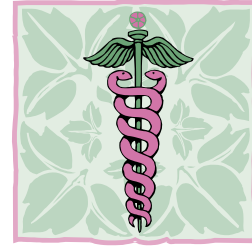


Dana M. Coberly, M.D.
FACE/NECK LIFT
After Care Instructions



- After surgery, elevate your head and shoulders on 2 or more pillows. Avoid bending forward at the neck for the first week.
- Avoid straining of any kind for the first 48 hours. When awake in bed please flex your feet and legs 3-4 times every hour.
- Apply surgical cold mask (Swiss Eye Mask) or surgical gauze pad with crushed ice to your eyelids and the exposed areas of your face as much as possible during the first 48 hours after surgery as this will reduce the amount of swelling you have.
- You may have drains in place under the skin, in the neck only, after surgery. They will be secured to your dressings. Please avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. We will instruct you on drain care if you are to be discharged with drains. They will be removed within a few days.
- After the drains have been removed, you may start cleaning along the suture lines located in front of and behind the ears with half-strength hydrogen peroxide. (Use tap water to dilute.) Apply a thin line of antibiotic ointment to these areas after cleaning twice daily for the first 3 days only.
- If you have discomfort, take the medication prescribed every 4-6 hours. It is best to take the medication with crackers, jello, etc. Do not take the pain medication if you do not have pain. You may take Xanax every 8 hours (anti-anxiety/muscle relaxant). Do not drink alcohol while taking the pain and/or anxiety medication.
- You can expect swelling of the face and eyes after surgery. If the swelling on one side is definitely more pronounced on one side than the other side or if you are having pain which is NOT relieved by the pain medication call Dr. Coberly at 813-259-1550.
- A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups and jello. You can start with a soft regular diet the next day.
- DO NOT SMOKE. This is very important.
- Avoid turning your head to either side as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.

- Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week. After your dressings and drains have been removed, you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. You may also use conditioner; Suave is especially good for getting out crusts left in your hair. It may take several washings to get all of the crusts out. Do not use hair spray, gels, etc. while stitches and staples are in place. You may start washing your face gently with a bland soap (Neutrogena, Ivory, etc.) and use moisturizer on your face, being Careful to keep it away from the stitch lines.
- Your hair may be blown dry with a blow dryer on a cool, not hot, setting.
- Hair coloring should be delayed for 3 weeks after surgery until healing is completed and no crusting remains.
- Excessive and strenuous activities should be avoided for 3 weeks. Keep your heart rate below 100 beats per minute during that time and do not lift more than 10 lbs. (approximately the weight of a gallon of milk).
- All incisions will be extremely sensitive during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 15 or greater for at least 1 year that has both UVA and UVB protection.
- If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please contact your doctor.
- If you develop a fever (oral temperature greater than 101 degrees), redness, or increased pain or swelling at the surgical incisions, please call your doctor.
- Your face/ neck will feel tight but not necessarily look tight and there will be a feeling of numbness in these areas for several weeks to months after surgery. It will gradually disappear and your feeling will return to normal.
- The scars and any areas of bruising may be massaged with Vitamin E or aloe vera cream beginning 3 weeks after surgery. This will promote softening and maturation and improve scar healing in these areas.
- Do not wear pullover clothing or hairpieces for 2-3 weeks after your facelift as you could disrupt your earlobe or hairline incisions.

