

# Post-Operative Care Instructions For Face Lift

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1. Dr. Coberly will change your dressing the day after surgery.
2. You may remove the dressing 24-48 hours after you return home. You may shampoo and shower from head to toe after the dressing is removed.
3. DO NOT remove this dressing. It will fall off on its own. You may trim the edges as it peels away from your skin. If the yellow dressing does fall off, you may apply Aquaphor ointment to the area.
4. You will return to the office 5-7 days after surgery for removal of most of your sutures. There will be staples behind your ears that will be removed 10-14 days after surgery.
5. Remember that you will be very swollen and possibly bruised after surgery.  
  
Your throat will feel very tight and you may find it uncomfortable to swallow. Do not panic. This is expected and will resolve with time. Do NOT apply ice to your eyes, face, or neck.
6. NO SMOKING for at least two weeks prior to surgery and one month following surgery. Smoking decreases the blood flow to your skin and impairs your body's ability to heal.
7. NO HEAVY LIFTING OR EXERCISE for one month following surgery. We are thrilled if you feel great after surgery and want to jump right back in the swing of things, but DON'T DO IT. Heavy lifting (over 10 pounds) and exercise increases the pressure in your vessels. This may cause bleeding at the surgical sites as long as 3-4 weeks after surgery.
8. If you have any concerns or questions, please do not hesitate to call the office.

**If you should need to reach Dr. Coberly after hours or during the weekend please call (813) 448-6550 choose extension #6 to reach the answering service.**