

## **Mini facelift aftercare**

### **DAY 1 - 3**

You are to rest and relax as much as possible the night of procedure. We request that you sleep with your head elevated with 2-3 pillows. You may get up with assistance. It is normal to be drowsy after the procedure. Remember to eat small light meals and drink fluids after procedure, progress as tolerated. We highly recommend drinking an Ensure daily for a week. Do not disturb dressing applied. Avoid moving your neck side-to-side. If excessive swelling, bruising, bleeding, or pain is present, please contact our office immediately: (760) 423-4000. If you find that you have reached our office after hours or during holidays, our answering service will take your message and alert our providers in case of emergency. Otherwise, we will return any messages as soon as possible.

You will return to our office tomorrow for follow up visit, cleansing of the area and dressing change.

### **DAY 4 -7**

Cleanse the sutured area with a mixture of warm water and a mild cleanser twice a day (Cerave, Cetaphil). You are able to wash hair if desired. Continue this regimen until sutures are taken out.

Pat area dry with towel and re-apply Aquaphor to suture lines. Re-apply Aquaphor 2 times per day.

Wear bandage/garment 24 hours a day for a total of 7 days post-surgery (Remove garment only to cleanse surgery site and to wash garment (air-dry garment)).

Sleep with head elevated for a total of 5 days post-surgery. Continue to avoid moving your neck from side-to-side.

### **DAY 7 -**

Running sutures will be removed at this time. Continue applying Aquaphor ointment to suture site and left leftover sutures (key sutures).

### **DAY 14 -**

Key sutures will be removed at this time.

### **Important Information:**

- Swelling and bruising may be present for up to 2 months post-surgery
- Numbness may last for 6-12 months
- Avoid sudden movements, try to move your shoulders along with your head
- Avoid wearing earrings until areas are fully healed (4-6 weeks)

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- Avoid direct sunlight for one month, then start use of sunscreen
- Avoid coloring/bleaching for at least 2 weeks
- Make-up can be applied once area is completely healed

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Instructions Given to Patient by:

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Signature of Employee:

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Patient's Ride/ Overnight Caretaker:

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Signature of Patient's Ride/Overnight Caretaker: