



## FACELIFT, NECKLIFT, OR BROWLIFT

### AFTER YOUR SURGERY

- You will likely feel drowsy upon waking up from anesthesia.
- You will see/feel swelling and bruising of your face, neck, or brow. You will experience a "tight" sensation.
- Blood shot eyes.
- Blurred vision for the first few hours.
- Numbness in the face, neck, and brow.
- Moderate discomfort.
- Moderate bleeding from wound edges, especially the first day.
- Headache, especially after a brow lift.
- You will have a big bulky dressing around your head and neck. Do NOT remove your dressings.
- Do not lean over with your head lower than your chest.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Rest, yet keep moving. Rest is important, although it is equally important to walk inside for 5-10 minutes every couple of hours while awake.
- Take the medication, as directed, to address any discomfort. The period of greatest discomfort does not usually last more than 24-48 hours.
- Your pain medication may constipate you. Be sure to take in plenty of good fluids such as water, broth, or sports drinks. Milk of magnesia can be purchased from the local drug store to help with constipation.
- No alcohol.
- No lifting over 10 pounds, no pushing/pulling, do not allow your heart rate above 90 bpm.
- You may not shower until after your postoperative visit approximately 1 day after surgery. You may sponge bathe as needed.
- NO smoking. Avoid being around those who are smoking.

### CALL THE OFFICE IF EXPERIENCING

- Pain not controlled by the prescribed medication.
- Excessive or sudden swelling/bruising on one side of your face, neck or brow
- Bright red drainage on dressing that continues to enlarge.
- Temperature higher than 101 degrees F.

- Severe nausea and vomiting.
- Pain in calf, knee, groin, or shortness of breath.
- Increased discomfort due to tight bandages.
- Continuous dizziness or unusual behavior.

## **2 TO 7 DAYS FOLLOWING SURGERY**

- During this time, you can expect to slowly progress day by day.
- Do not lean over with your head lower than your chest.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Please be sure to speak with Dr. Shell before you begin to drive or return to work or a regular routine at home.
- Do not wear any kind of makeup.
- You may wash your hair in the "face up" position.
- Do not submerge your head under water.
- Keep scars moist by applying Bacitracin antibacterial ointment 3-4 times daily.
- Continue a well-balanced diet with adequate hydration.
- Do not eat or drink anything very hot. Stay with soft foods, especially for the first few days after surgery.
- Avoid exposure to sun and heat.
- Do not put warm or cold compresses on your face unless directed by Dr. Shell.
- Continue to take prescribed pain medications as needed.
- Sutures on your face will be removed approximately 5-7 days after your surgery.
- Begin to transition from prescribed pain medication to over the counter alternative. Dr. Shell and staff can guide you through this as needed.
- Avoid exercise other than walking. Leisurely daily walks will help you feel better and prevent blood clots.
- Make sure to get up and move for about 10-15 of every 60 minutes while awake.
- NO smoking. Avoid being around those who are smoking.

## **1 TO 4 WEEKS FOLLOWING SURGERY**

- Healing is a gradual process. It is normal to feel discouraged while waiting for swelling, bruising, discomfort, and numbness to diminish. Extra rest, a nutritious diet, and avoidance of stress are important aids to recovery. Once cleared by Dr. Shell, you may take Aspirin, Advil, Aleve, etc. at this time.
- Wash incisions with Dial antibacterial soap and pat dry with clean cloth.
- Keep scars moist by applying Bacitracin antibacterial ointment 3-4 times daily until sutures are removed.
- Keep head elevated with 3-4 pillows, a foam wedge, or recliner chair to reduce swelling.
- Once cleared by Dr. Shell, you may ease back into your workout routine.

- Continue to avoid sun exposure and heat. Use sunscreen on incision as it may tend to hyper pigment.
- NO smoking. Avoid being around those who are smoking.

#### **4 TO 6 WEEKS FOLLOWING SURGERY**

- Overall swelling continues to subside and you will begin to settle into your natural appearance. Tenderness, tightness, skin numbness, or bruising (if remaining) will continue to diminish.
- You may submerge your head under water, following complete healing of your incisions.
- You may sleep completely flat. There is no need to keep your head elevated.

#### **THE FIRST YEAR**

- Continued refinements in the appearance of your face may take up to one full year.
- Appearances continue to change with age. Just as other areas of your body may change with age, so can your face.
- Avoid direct sun exposure to scars the first year.
- Call our office if you notice a stitch coming up like a bristle brush along your scar. If the area around the stitch looks red and irritated, you may need antibiotics.
- Call our office if your scar becomes raised and/or ropy.