



INSTRUCTIONS AFTER FACELIFT

Date of Surgery: _____ Time of Surgery: _____

Post-Op Appt. Date: _____ Appt. Time: _____

1. Many patients stay in the hospital or hotel the evening of surgery to avoid stressing or inconveniencing family members.
2. You will wear a soft bulky dressing the first night after your surgery. Do not remove the dressing unless instructed to do so by Dr. Kaplan.
3. You will have drains to help reduce swelling. These drains are often removed the morning after surgery. If the drains must stay in longer than one night, you will be taught how to care for them. Call Dr. Kaplan's office at 225-765-7731 to schedule drain removal when the drainage is less than 30cc in a 24-hour period for each drain.
4. Keeping your head elevated above your waist will help reduce swelling. If you are not comfortable sleeping with your head elevated, you may sleep flat. It is more important to get a good nights rest.
5. If you had eyelid surgery at the same time as your facelift, you may apply cool compresses to your eyes for the first 48 hours while you're awake. This will help reduce some of the swelling and discomfort. DO NOT use ice and DO NOT apply heat.
6. It is normal to experience swelling and bruising of the face and neck. Bruising might even be present on your chest. Other normal experiences include:
 - Tightness or stiffness in the neck or jaw
 - Difficulty chewing for several weeks
 - Numbness and discomfort in the cheeks, neck, and around the ears for up to three months
 - A small amount of drainage during the first few days
 - Mild burning sensation in the incisions
 - Watery or dry eye sensation
 - Difficulty closing your eyelids for the first few days if you also had eyelid surgery
7. If you also had eyelid surgery, it is important to remember that this procedure usually causes very little pain. If you experience any severe pain or visual changes, contact Dr. Kaplan's office immediately. Please call Dr. Kaplan at the first sign of:
 - Excessive (severe) pain and/or swelling
 - Redness, drainage, or odor from the incisions
 - Fever or chills
 - Shortness of breath

Continued on back



INSTRUCTIONS AFTER FACELIFT (continued)

8. It is extremely important that you do not smoke or have any form of nicotine for a minimum of two weeks after surgery. Smoking will delay the healing process or cause skin loss, which increases your risk of postoperative complications. Also, continue to avoid aspirin and other anti-inflammatory medications (NSAIDS), vitamin E, and herbal medications for one week after surgery.
9. You may resume light activity such as walking and light lifting (up to 5 pounds) within the first few days after surgery. Check with Dr. Kaplan before resuming any strenuous activity such as biking, swimming, aerobics, or weightlifting (usually three weeks). Also, when returning to more vigorous exercise, start slowly and gradually work up to your daily routine.
10. You may drive after you discontinue your narcotic pain medication and when you are comfortable turning your head from side to side.
11. Please shampoo your hair daily to keep the incisions clean. Your hair might seem dry at first from frequent shampooing. Using more conditioner will help with the dryness.
12. Wait until the incisions are healed before applying color or permanent solutions to your hair. This will be about two to three weeks after surgery.
13. Please DO NOT use hair dryers, blow dryers, hot rollers or curling irons until the numb areas have some return of sensation. It is very easy to burn your skin using these appliances. This could result in skin loss and scarring. If you choose to use a hair dryer, use it on the cool setting.
14. If you had eyelid surgery at the same time as your facelift, the eyelid sutures will be removed three to five days after surgery. Your remaining facelift sutures will be removed approximately one week after surgery. At that time, we will assist you with applying camouflage makeup.
15. You may resume wearing contact lenses and eye make up approximately seven days after surgery.
16. Please do not wear earrings of any kind for four weeks after surgery. Wearing earrings might cause the incision near the earlobe to separate.
17. Your skin will have a tendency to become dry after surgery – be generous with moisturizers to help prevent this dryness.

Notes: _____

DR. JONATHAN KAPLAN, MD, MPH
(225) 765-7731
Evenings and weekends, call the office number
and ask the operator to contact Dr. Kaplan
or the plastic surgery fellow on call.

**CENTER FOR RECONSTRUCTIVE
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*This information is not intended to replace medical advice of your doctor or health care provider.
Please consult your healthcare provider for advice about a specific medical condition.*