

FACELIFT

Post Op Instructions

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

WEEK 1 (Beginning the day after surgery)

- DO:** Clean suture lines located around the front and back of the ear with hydrogen peroxide and a Q-tip 4-6 times daily.
- DO:** Apply a small amount of Bacitracin ointment to the suture lines following cleaning. (It is okay if ointment gets in the hair, however it makes the hair greasy.)
- DO:** Clean around surgical staples located in the hair-bearing incisions with witch hazel and a Q-tip 4-6 times daily.
- DO:** Shower on the first post-operative day (once). Allow warm water, without soap or shampoo, to run through the hair. Some hair will be noted in the rinse at this time. Do not be concerned, hair is not falling out.
- DO:** Shower twice daily starting on the second postoperative day. Clean the scalp with Johnson's Baby Shampoo only. Continue the showers twice daily until all crusts are gone, usually two weeks.
- DO:** Elevate head of bed 30 to 40 degrees for two weeks to help minimize swelling. . (Use pillows, a wedge cushion or a recliner.) Sleep on your back, not on your side or stomach.
- DO:** Apply facial cold compresses several times daily for the first week to reduce swelling and discomfort.
- DO:** Wash face with lukewarm water only.
- DO:** Wear eyeglasses if necessary.
- DO:** Wear contacts, if necessary, unless eyelid surgery was also performed---in that case, wait 10 days before wearing contacts.
- DO:** Wear a wig if desired as long as it doesn't irritate the staples or sutures.

- DONOT:** Drive for 2 weeks
- DO NOT:** Apply Bacitracin to the stapled incision line.
- DO NOT:** Pull ear forward while cleaning behind ear.
- DO NOT:** Use any hairsprays or conditioners for first 2 weeks. No hair permanents for 5 weeks.
- DO NOT:** Apply make-up to the face for the first week.
- DO NOT:** Use a curling iron for 4 weeks.
- MEN:** Do not shave for the first week.

WEEK 2

DO: Wash hair at salon, if desired. Hand dry on low setting only.

DO: Wash face with mild soap (Ivory or Neutrogena) twice daily, with a cotton ball.

DO: Continue cleaning, as described above, if crusts along incisions are still present.

DO: Start applying water base make-up to face, if desired, except areas of continued crusting.

MEN: Shave with electric razor only, except not directly over crusted areas.

WEEK 3

DO: Use a vegetable color rinse (Roux) in hair if desired.

DO: Restart Retin-A use at this time, if applicable.

DO: Use a #15 sunscreen over healed incisions if sun exposure is expected.

DO: Resume regular physical activity.

WEEK 5

DO: Use Oil-based make-up if desired.

DO: Start using a curling iron. Be careful not to burn areas of the scalp that may still be numb.

WEEK 6

DO: Color hair and obtain a permanent if desired.

Please contact our office if you have any questions – we are here to help you!

312-988-9300

***Gold Coast Plastic Surgery
George T Moynihan, MD***

