

Elevate Plastic Surgery

193 Roe Avenue, Toronto, ON, M2J 1V1

T: 416-554-9860 | F: 647-689-4628 | elevateplasticsurgery.ca

Face lift, Mini Face lift, Temporal lift, Neck Lift, Extended Neck Lift Post-Operative Instructions

Dressings: A head-wrap type dressing will be applied at the end of your surgery. The dressing can be removed the next day. No other dressings are required afterwards.

Drains: For face lift, neck lift, and extended neck lift only, drains will be inserted under the skin during surgery to remove excess blood/fluid, minimizing swelling and bruising. These drains are removed by your surgeon the next morning following your surgery.

Sutures: Sutures are removed in approximately 5-7 days. Some patients may require additional suture removal at 2 weeks as well.

Sleeping: Sleep with your head elevated in a reclining chair, or in bed with multiple pillows. You should be at a 60-degree angle when lying down. This will help decrease facial swelling. This is for the first week after surgery. In addition, try to keep your chin up, not letting it touch your chest. This will minimize the potential of the neck skin bunching up and healing poorly.

Swelling/Discoloration (bruising) of varying degrees will be present. This should gradually disappear in 7-14 days but could last longer. Ice should be applied to the face and neck for 20 minutes every 2 hours during the first three (3) days for relief of pressure and swelling. Bruising will vary between individuals, but it most commonly occurs on the cheeks and neck.

Healing: For optimal outcomes, we recommend using SkinMedica products after your procedure. She has hand selected specific products, formulated for after procedures, which will help you during your recovery.

- Facial Cleanser: gently cleanses while hydrating and soothing the skin.
- TNS Advanced+ Serum: encourages repair and regeneration of tissues.
- TNS Ceramide Treatment Cream: replenishes the skin's natural moisture barrier.
- Scar Recovery Gel: smear over incisions (you do not need to rub it in) 2-3 times a day and allow it to dry to reduce itching, stinging and/or burning at the site of incision.

Diet: Normal diet can be resumed as soon as your appetite returns. Do not eat heavy or greasy meals within the first 48 hours after surgery. Softer foods are recommended for the first week, as

chewing may feel laborious. Drink plenty of fluids. The color of your urine should be light yellow, as an indication that you are adequately hydrated.

Do not smoke. Smoking will lead to significant wound healing problems and unsightly scars.

Medications/Pain: Have your prescriptions filled right away. Pain/discomfort of varying degrees follows any operation. Use the prescribed pain medication as directed. Medications can cause drowsiness, tiredness or loss of balance, and may affect your vision, thus, do not drive or operate machinery while taking these medications. You should also be careful when performing day-to-day activities. If the prescribed pain medication does not alleviate the pain, or if you develop an allergic reaction, please call the clinic for an alternative. You may use Tylenol if you wish, but do not use both Tylenol and the prescribed pain medication simultaneously. Do not use aspirin, aspirin-containing medications, Motrin, Ibuprofen or similar medications for 1 week. They can cause bleeding problems. If you are unsure about a particular medication, please call us. Take prescribed antibiotics as directed and finish all of the antibiotic medication.

Personal Hygiene: A lukewarm (not hot) shower may be taken 24 hours after surgery, once the head dressing is off, including shampooing the hair. Make sure to gently pat the incisions dry afterwards. Cleanliness is important to prevent infection and promote healing.

Medical Leave: You should apply for leave of absence for 10 - 14 days. The healing process and your occupation may cause the length of time to vary.

Make-up may be applied to cover up any bruising approximately 3 days after surgery. Do not use make-up on incisions. It is important to clean off all make-up every night.

Driving: You may drive a car with an automatic shift and power steering in 7 days, if you have no complications, and feel comfortable enough to do so. You should not drive if you are taking narcotic pain medications.

Exercise: Light exercise such as leisurely walking may be started one week after surgery. Strenuous exercises and activities, such as sports, must be avoided for 4 - 6 weeks. No heavy lifting is permitted for 3 - 6 weeks; please check with your surgeon.

Office visits: Upon your discharge, you will be informed of your first post-operative appointment. Routine post-operative visits will be required. They will be determined by your surgeon. Please be sure to schedule your appointments as required.

Things to look out for: You should watch for signs of bleeding and infection up to 14 days after surgery. The signs to look for are **persistent pain not relieved by pain medication, unusual swelling, redness, and elevation in temperature.** If you experience any of these symptoms or have any concerns, please call our office, e-mail our office, and/or go to the ED.