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425-455-9100

### **Post-operative Instructions for Face, Neck & Brow Lifts**

The first few days after surgery can be very unsettling if you're not sure what to expect. By letting you know the normal post-operative course, and how to take care of yourself properly, you should feel more confident that you're doing everything you can to help in your healing. Our goal is to make your recovery as safe, comfortable and carefree as possible. Rest assured that with each passing day, you will feel better and your symptoms will subside. You can speed your recovery by following our directions carefully.

- Leave your facial dressing in place. We will remove the dressing the following day and replace it with a chin strap. Please wear the chin strap until we see you for your one week post-op visit.
- Apply cold compresses until bedtime for the first 48 hours after surgery as needed.
- Take two Tylenol tablets every four hours for pain until bedtime. If this does not relieve the pain take the prescribed pain medication as directed for pain instead. Refrain from using alcohol while taking medications and check with the doctor before resuming alcohol consumption.
- Sleep on your back with your head slightly elevated and do not lower your head below your waist. Avoid bending over, strenuous activity, heavy lifting, and sexual activity for the first week after surgery.
- Do not turn your head or neck, as you would normally do for the first 48 hours. Turn stiffly, as though your face and neck were one.
- Minimize making or receiving phone calls during the first 48 hours.
- Eat soft foods for the first week after face & neck surgery.
- Maximum swelling occurs 48 hours postoperatively, in many cases. Do not be alarmed if you are more swollen on the second day.
- Apply Bactroban to scalp incisions for brow lift, and antibiotic ointment to the incisions for face lift.
- If your eyes feel dry, you may use artificial tears as needed.

- Refrain from taking Aspirin, Ibuprofen or similar drugs, Vitamin E, or herbal supplements listed on handout, for two weeks prior to surgery and one week following surgery.
- No smoking for two weeks following surgery. You may not drive a car for five days following surgery.
- Check with the doctor regarding flying post op.
- Shower and wash your hair daily the first week after surgery, beginning 2 days after surgery. Be gentle and use warm water. Finger-style your hair gently. Do not brush your hair for the first week. You may use a hairdryer at cool setting, but do not use rollers for two weeks until staples and sutures are removed.
- Use a sunscreen and wear a hat if you will be outdoors.
- You may not wear earrings for three weeks after a facelift. Be careful when you are removing clothing over your head so as not to tear earlobe sutures. We recommend that you wear blouses or shirts that button down the front.
- No hair dyes or perms for one month.
- Only emergency dental work is permitted for up to one month after surgery.
- **If you experience severe pain, nausea, vision loss or significant bleeding, call the office immediately at (425) 455-9100, or call Dr. Stern directly by dialing his cell phone at (425) 628-7720.**

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Signature

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Date/Time

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Witness

*Revised 4/2017*