

THE STERN CENTER  
FOR AESTHETICS

**FACE, NECK, & FOREHEAD LIFT**  
**POST-OPERATIVE INSTRUCTIONS**

- Leave your facial bandages in place. We will remove them the next day and replace with a facial garment. Please wear 5-7 days all day, then 5-7 days at bedtime.
- Take two Tylenol tablets every four hours for pain until bedtime. If this does not relieve the pain take one or two pain pills every four to six hours as needed for pain, instead. Refrain from using alcohol while taking medications and check with the Doctor before resuming 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.
- Apply cold compresses until bedtime, for the first 48 hours after surgery as needed.
- Maximum swelling occurs 48 hours postoperatively, in many cases. Do not be alarmed if you are more swollen on the second and third day.
- Apply an antibiotic ointment to all incisions.
- 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, 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. Fingerstyle your hair gently. Do not brush hair for the first week. You may use a hairdryer at cool setting, but do not use rollers or set hair for two weeks until staples & sutures are removed.
- Use a sunscreen and wear a hat if you will be outdoors. Do not soak in a bath, hot tub, swimming pool, or the ocean for 14 days after surgery.
- You may not wear earrings for three weeks. 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 during business hours or Dr. Stern at (425) 628-7720 after hours.
- These instructions have been explained to me. I understand it is my responsibility to follow them and have been given a copy for reference.