

POST OP CARE - FACELIFT

What to Expect:

- Bruising, swelling, numbness, tightness, tenderness for at least 10-14 days
- One side may be more swollen than the other
- May experience tightness and difficulty turning to one side or the other for several months
- May feel dry or rough for several months
- Irregular areas of swelling may occur causing bunching around incisions and this is normal.

Indications

- Slow walking to reduce swelling
- Keep head elevated for 1 week even when sleeping. Use neck pillow to avoid turning head.
- No strenuous activity; activities that raise blood pressure for 2 weeks
- Soft diet for 2 weeks
- No makeup on incisions until sutures have been removed
- No hair coloring for 6 weeks.
- Do not use hair dryer on hot, as you may have decreased sensation
- Can use cool, NOT cold compresses, for swelling for first 48 hours.
- May help to use button down shirts to avoid stress when removing clothing above head
- Final results approximately in 6 months
- Take medications as indicated

If there is any questions or concerns, please call our office at 713-61-8866 or for non-emergent issues you can also email our office at contactus@houstoncraniofacial.com

Thank you

Philemon Eric Payne, M.D. and Staff