

FACE LIFT | BROW LIFT | NECK LIFT

POST-OP INSTRUCTIONS

ACTIVITY

- Sleep on your back with your head elevated at least the first week to decrease swelling. Avoid sleeping on your side.
- Avoid bending over or doing housework for two weeks post-operatively.

DIET

- Eat a soft diet that requires little to no chewing. Drink lots of liquids. Avoid hot foods and liquids.

DRESSINGS

- You will have a dressing wrapped around your head and chin which will be removed in 24-48 hours.
- Do not shower until your dressings have been removed (typically 24-48 hours).
- You may have 1-2 drains in. Please refer to the **DRAIN CARE INSTRUCTION SHEET.**

WHAT TO EXPECT?

- Your face may be swollen and bruised, and your smile may be uneven. This could last 1-2 weeks.
- Moderate discomfort that you can use your pain medication for.
- Moderate swelling that you can use cool compresses for as needed (20 minutes on, 20 minutes off).
- Black and blue discoloration (usually for 1-2 weeks).
- Blood shot eyes.
- Slight signs of blood on the bandage.

REFINEDLOOKS

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AFTER HOURS ON-CALL NUMBER: 423.756.7134