

## **POSTOPERATIVE INSTRUCTIONS**

### **ENDOSCOPIC UPPER FACELIFT**

#### **Your return home**

You may eat and drink as you like depending on your tolerance.

If you feel nauseous or experience vomiting and/or pain, refer to the prescription that was given to you before the surgery and use the appropriate medication.

You may experience headaches or headband migraines for a period of approximately 24 hours.

Try to sleep upright in a 45° position for two days. This will diminish swelling.

Avoid activities that cause your face to redden or increase your arterial pressure:

- Try not to cough or sneeze.
- Avoid lifting heavy objects.
- Avoid bending over to tie your shoes.
- Do not strain when you use the bathroom.
- Avoid anger and other strong emotions.

Most patients experience loss of sensation (numbness) in the forehead and scalp for a period of 2-3 months, after which sensation should gradually return back to normal.

Bruises may develop around your eyelids. These will disappear within 2-3 weeks.

You may take a bath or shower the day after the surgery. Wash your hair with a gentle shampoo. Take note that two small titanium screws have been placed in your scalp. You may feel them when washing your hair but should not notice them otherwise. Wait 4-6 weeks before coloring your hair.

Avoid using the pool or spa for the next 3 weeks.

Avoid exposing bruised regions to the sun until the bruises disappear.

We recommend starting to massage the scars 3 to 4 weeks after the surgery. You may continue these massages for a year.

Avoid physical activity for a period of 2 weeks. After this time, you may gradually restart your exercise routines.

For any questions or concerns please do not hesitate to contact us at the clinic during opening hours or on the emergency cell phone number that was given to you.