

POSTOPERATIVE INSTRUCTIONS

LOWER FACELIFT

Your return home:

You may eat and drink as you like, depending on your tolerance. Avoid foods that are difficult to chew, however.

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 should sleep upright in a 45° position for the next 2 days. It is best to remain seated upright rather than lying down.

You may experience pain in the form of neuralgia, burning, tingling, or numbness that will dissipate in the 3 to 5 days following the surgery.

Try to let your face rest by keeping a neutral expression and avoiding facial movements for the first 48 hours.

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

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

You have a bandage around your head which you must leave in place until your planned follow up appointment either 24 or 48 hours after the surgery.

You may take a bath on the evening of your surgery, or a shower once your bandage is removed. Wash your hair with a gentle shampoo. Wait 4 to 6 weeks before coloring your hair.

Avoid using the pool and spa for a period of 3 weeks.

Avoid applying moisturizing lotions, creams, or makeup around your scars. Makeup is permitted after 10 days.

Avoid exposing bruised regions to the sun until the bruises disappear, and avoid exposing your scars to sun for 1 year.

We suggest starting to massage the scars 3 to 4 weeks after the surgery. You may continue these massages for 1 year.

Avoid physical activity and exertion for the next 2 to 3 weeks. After this time, you may gradually restart your exercise routines.

If you notice a sudden increase of pain associated with a significant increase in size of one cheek compared with the other, please contact the nurse on call at the clinic or use the emergency pager.

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.

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2021-06-18