

**NADIA BLANCHET, MD.**

**(804)-320-8545**

**DISCHARGE INSTRUCTIONS AFTER HAVING A FACELIFT**

- Soft food only for the first 24 hours.
- You may shower and wash your hair the next day. If you go home with a nurse, she will help you with this. The stitches can get wet, and this will not harm them in any way.
- Please do not put any chemicals in your hair for approximately 3-4 weeks after surgery. This includes hair coloring and “permanent” chemicals.
- Please do not do any heavy lifting, stooping or bending over for one week after surgery, and try to keep your head elevated. This is to prevent additional swelling. You may be more comfortable sleeping in a recliner initially at home if you have one.
- For the first five days after surgery, please cleanse all your incisions with half and half strength peroxide and water to remove any loose clots. Then apply polysporin or bacitracin ointment to the incisions two or three times a day. This will make a finer scar.
- You should expect to have swelling of your face and neck and some bruising, especially of your neck. Sitting up or lying on your back should help this, as will the neck band if I put you in one.
- Your cheeks will be numb for a few weeks, and your ears will hurt. You will feel tight under your jaw. All these sensations are normal and will eventually fade away with time.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please do not take your medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware that all pain medication can cause constipation.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for two weeks after your surgery as this will increase your risk of bruising and poor healing.
- Please do not do any strenuous exercises that will increase the circulation to your head (e.g. aerobics) for two to three weeks, but you can do walking as soon as you feel up to it, and I encourage you to walk as soon as you are able. The best way for you to heal faster and feel better sooner is to walk every day. You can rest afterwards, but walking will keep you from losing muscle mass, prevent clots in your legs and bring your energy level back sooner.
- Please do not apply any creams or lotions to incisions except those instructed or cleared by Dr. Blanchet.

- The **Post-Facelift Band** may be placed on the day after surgery when the dressings have been removed and post-op care has been given to the surgical sites. The band reduces swelling of the lower face and should be worn as often as possible after surgery. Make sure the band goes under the chin completely and covers both ears. The Velcro closure should be at the upper rear portion of the top of your head. If you have been given two small straps, one goes across your forehead and one goes across the back of your neck. These are used to secure the large band. It's okay to wash and dry the band should it become soiled.
- Most facelift patients will have some fat grafting from the abdomen done. Please use a gentle compression garment. For men, bike shorts may make the area less tender. Stop the compression whenever you feel it is no longer needed – on average, three to ten days.
- **Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.**
- The use of over-the-counter laxatives and stool softeners (Colace) is recommended post-operatively while taking prescriptive medicines.
- Some patients experience a brief period of “let-down” or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.

PLEASE FEEL COMFORTABLE TO CALL OUR OFFICE IF YOU HAVE ANY CONCERNS OR QUESTIONS. AFTER HOURS OR ON WEEKENDS, YOU CAN REACH THE DOCTOR BY CALLING 320-8545. **IN A TRUE EMERGENCY, CALL 911 IMMEDIATELY.**