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Post Operative Face Lift Management:

- Clean face and incisions with dove soap and water the day after surgery. You may wash your hair with Head and Shoulders shampoo (with or without conditioner) starting two days after surgery.
- Please wear head wrap provided during surgery / general compression at all times except cleaning for the first ten days after surgery.
 - 10 days after surgery please transition to wearing compression only at night. Continue night compression for 10 days.
- Swiss eye therapy concomitant eye lid procedures to assist in managing pain and swelling.
- Please refrain from face lotions at this time.
- Call the office if any bleeding or redness from the suture line is noted.
- You may start using skincare products 10 days after surgery.
- Apply antibiotic ointment to dissolvable sutures.
- Expect any permanent sutures to be removed post op day 3-5.
- Exercise:
 - Light cardio exercise may resume two weeks post op
 - Heavy cardio, reformer Pilates, and yoga may resume four weeks post op
 - Weight lifting may resume at six weeks post op
- Please refrain from using alcohol, supplements such as garlic, ginger, Ginkgo Biloba, Ginseng, Tumeric, St Johns Wort, and aspirin for two weeks.
- Ice packs may be used 48 hours after surgery. Do not place ice packs directly on the skin. Please keep fabric/towel between your skin and the ice pack
- Do not use any nicotine products for a minimum of one month post op. Please let us know if you need assistance with smoking cessation prior to surgery.
- High protein diet is essential to wound healing. Please plan to consume 30 grams of protein three times per day. The would look like meat the size of your fist or a protein shake at each meal.
- Please stay elevated at night on 2-3 pillows for 2 weeks post op.