



*John T. Lindsey*

M.D., F.A.C.S.

*Plastic & Reconstructive Surgery*

### **FACELIFT INSTRUCTIONS**

There is no better procedure for improvement of the visible changes of an aging face. Facelifting with forehead lifting offers long-lasting correction of low eyebrow position, deep facial wrinkles, jowls, and loose neck skin.

Facial cosmetic surgery is a major commitment on the part of you. Comprehensive facial rejuvenation (including eyelids) is approximately a 6 hour surgery. I normally advise patients to take 2 weeks off of work. During this time it is important to rest and avoid stressful activities. Bending over and lifting over 10 lbs are prohibited during this time. No exercise is allowed for 6 weeks following surgery.

Patients are substantially improved after 2 weeks. Makeup at this time allows for participation in social activities. Maximal beneficial effects of surgery are not seen for 6 weeks or longer.

Smoking is terribly detrimental to the positive effects of facial cosmetic surgery and is directly related to wound healing problems. Smoking is absolutely prohibited for 6 weeks prior to and after facelifting.

Although you will be swollen, facelifts should be almost pain free. If you have significant pain, particularly on one side and not the other, please call me at (504) 885-4508 (office) or (504) 495-5937 (cell).

Your attention to these details is very important and will help assure the best possible result for you.

## AFTER SURGERY

1. For the first 5 days, keep your head and shoulders elevated on at least 2 pillows. Ice packs applied to the face are very effective for pain relief. A bag of frozen peas or a Glad bag filled with crushed ice are very helpful.
2. I will visit you either at home or at your hotel within 48 hours of your surgery. At that time, I will remove all of your dressings, remove the small drains behind each ear, and fit you with a facelift compression garment. The garment should be worn as much as you can comfortably tolerate. It is OK to remove it at intervals as necessary for comfort. I think that the compression garment is very effective at controlling swelling and maximizing recovery for the first 20 days following surgery.
3. After my home visit, you may shower ad lib. ½ strength peroxide is very effective in removing residual traces of blood from your hair. If all incisions are “perfect,” no particular care is required. If any scabbing, drainage, or small imperfections exist, then I recommend Mupirocin (**or** plain Neosporin) ointment to the affected areas twice daily.
4. Do not drive until Dr. Lindsey permits. You must be off all narcotic medication. No alcoholic beverages. No smoking.
5. Clear liquids first. If no nausea, progress to a regular diet as tolerated.
6. Take medication as ordered. Please see the medication dosing regimen recommended by Dr. Lindsey. ***For the Enhanced Recovery after Surgery regimen to be effective, it must be followed as prescribed.*** Do not take pain medication on an empty stomach.
7. Resume any prior medication at home unless otherwise instructed by Dr. Lindsey.
8. You may be up and around the house, but no strenuous activities or bending over for the first 2 weeks after surgery.
9. Schedule your first post-operative visit 5 to 7 days after surgery. At that time, your facelift sutures will possibly be removed. Schedule your second post operative visit 10 to 14 days after surgery. At that time your scalp sutures and staples will be removed.

10. At 7 to 14 days after surgery, you will probably be ready for makeup. Depending on your progress, you may be able to go back to work at a desk-type job. You will not look your best until 8 to 12 weeks after surgery.
11. Please call (504) 885-4508 (office) or (504) 495-5937 (cell) for any of the following problems: eye pain, redness or pus around the incisions, swelling on one side substantially greater than the other, temperature of 101.5 degrees or higher, or any concerns or questions.