



TEL: (952) 844 0404
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HILGER

FACIAL PLASTIC CLINIC

THEHILGERCLINIC.COM

7373 FRANCE AVE S., STE 410
EDINA, MN 55435

Post-Operative Care Following FACELIFT

Call our office promptly if:

- ✓ **You have a fever or chills.**
- ✓ **There is an unusual amount of bleeding**
- ✓ **You have progressive bruising and increasing pain.**

During business hours, 8:00am-5:00pm, please call the nurse at 612-520-1455. For concerns after business hours, please call 952-844-0404, and you will be directed to your surgeon.

Before Surgery:

- See the handout “About Your Scheduled Surgery”
- See the handout “Medications to Avoid Before and After Surgery”
- See the handout “Patient Education on Facelifts”

Day of Surgery:

Attire: Please wear loose and comfortable clothing that is easy to take off and put back on. A top with buttons or a zipper is recommended. Please do not wear any makeup to surgery.

Team: You will meet the anesthesiologist, nursing staff, and your surgeon the day of surgery. Please feel free to ask any remaining questions.

What Can I Expect After Surgery?

- ✓ Pain is usually mild to moderate in intensity; you will be prescribed a pain medication following surgery.
- ✓ Bruising and swelling will be present and should gradually subside over the next 10 to 14 days.
- ✓ There will be surgical drains in place for the first 24 hours after surgery.
- ✓ Sutures are gradually removed over several post-operative visits.
- ✓ Numbness around the ear lobes will be present for at least 1 to 4 weeks.
- ✓ Some numbness in the neck skin is normal for several weeks (especially in the neck and face).
- ✓ Tightness when opening the mouth.
- ✓ Typically we expect patients to take at least 2 weeks off of work.
- ✓ Use care when brushing or combing your hair near the suture line for 3 weeks.

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How Do I Care For Myself After Surgery?

Showering: You can shower 48 hours after surgery. Avoid scrubbing along the incision line. Do not let the water from the shower head hit your incision directly and do not soak your face in water. When drying your hair, pat it down with the towel.

Dressing: A large compressive dressing will cover the face and scalp for the first 24 hours and will be removed at your first post-operative appointment.

Drains: a drain is frequently placed on each side of the neck to help with the healing process. Drains are typically removed at your first post-operative visit, the day after surgery.

Sleeping: Keep head elevated for 1 week following surgery to help minimize swelling.

- ✓ Do not smoke for 3 to 4 weeks before and after surgery (preferably no smoking at all). Smoking after surgery is similar to smoking before surgery; it slows the healing process and increases the risk of skin loss or damage.

Elastic Compression Head Wrap “Jaw bra”

- Days 2-7: wear Jaw bra 24/7 (day and night). It may be taken off while showering and while performing incision care.
- Days 8-14: wear Jaw bra at night during sleep.
- Days 15+: you may wear the Jaw bra for comfort, as needed.

How To Take Care Of The Incisions:

- ✓ It is important to perform incision care to help facilitate healing and optimal recovery. Perform wound care two times a day. Remove dressings 24 hours after surgery and start the cleaning procedure:
 - ❖ Take a Q-tip soaked in dermal wound cleanser and roll it across the incision line to help remove dried, crusted blood.
 - ❖ Specific moisturizing ointment should be placed onto the incision line using a Q-tip. Keeping the wound moist will help facilitate healing.

Exercise Restrictions

- ✓ Refrain from strenuous exercise for the first 2 weeks after surgery. Do not lift anything greater than 10 pounds.
- ✓ After 2 weeks from surgery, you can slowly and gradually increase your activity.

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Post-Operative Wound Care Package:

The items listed below are suggested by your surgeon to be used following your procedure. You can purchase this care package at the Hilger Clinic, prior to surgery. Included in this care package is a free consult with our esthetician.

- Dermal Wound Cleanser-helps remove dried, crusted blood on suture line and around the surgery area.
- Moisturizer-helps keep the suture line moist to promote healing.
- Sunscreen-UV Physical, Broad Spectrum SPF 41-this sunscreen is specifically for post-procedure skin; not all sunscreens are approved for surgical sites.

Other suggested items:

- Arnica -help reduce swelling and bruising after your surgery.
- Biocorneum-this product contains silicone. Silicone is shown to help prevent abnormal scarring after procedures.

Recovery Timetable:

The following are approximate recovery guidelines after facelift surgery
Surgery

Day 2: First Post-Operative Appointment: Removal of dressing and drain by your surgeon in the clinic

Day 7: Second Post-Operative Appointment: You will return to clinic to have any sutures removed and for your surgeon to evaluate how you are healing

Third Post-Operative Appointment: 3-4 weeks from surgery: Your surgeon will examine your healing during this time

Additional Appointments: Your surgeon would like to see you 2-3 months after your surgery and ideally 6 months and 12 months after surgery. This visit can be scheduled after your second post-operative appointment. Please do not hesitate to call or schedule an appointment if you have questions or concerns.

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