



FACELIFT

Post Operative Advice Sheet

1. You should arrange for someone to drive you home from hospital.
2. You will experience mild discomfort after your surgery and it is recommended that you take one or two pain relieving tablets (such as Paracetamol) on a regular basis for the first week. **DO NOT TAKE ASPIRIN OR ANY PRODUCTS CONTAINING ASPIRIN** as this may prolong or cause bleeding in the early post operative period.
3. There may be some swelling and bruising following surgery, though this should settle over the first 2 weeks. To minimise swelling you are advised to sit up right throughout the day and prop yourself up with an extra pillow at night for the first two weeks post operatively.
4. Do not do anything that would raise the blood pressure in your head, eg bending forward, straining, heaving lifting etc.
5. It is important to rest as much as possible for the first 48 hours after surgery, after which you can recommence gentle activities and household chores, but should refrain from strenuous exercising for at least 2 weeks. You should move around as much as possible and not lie in bed for protracted periods.
6. Your hair should be washed with a mild shampoo (e.g. baby shampoo), but do not touch the suture line or surgical clips. It is important to blowdry the hair after washing, but ensure that the temperature of the air is not too hot as some areas of scalp may initially be slightly numb
7. About a week after the operation you will be seen in the Dressing Clinic by a nurse who will remove the stitches and at 2 weeks the surgical clips.
8. Once the incisions have healed and they have been inspected by the nurse you will be advised that you may recommence washing of the scars. Until this point, you should avoid getting your wounds wet. You should avoid using make up for at least one week post operatively.
9. For the first week post operatively you should avoid doing heavy household chores and you may return to swimming two weeks post operatively. You can recommence gentle gym work one month post operatively

10. I would have advised that it is important to stop smoking prior to your operation in order to reduce the risks of complications. You should however, avoid smoking for the first two weeks post operatively.
11. You should avoid driving for 72 hours after your operation. After this you may recommence driving once you feel confident to undertake an emergency stop. Until you feel confident to do this you should refrain from driving.
12. Following surgery, the type of job that you do determines when you can return to work. If you mainly confined to deskwork, you may feel able to return to work after two weeks.
13. Your facial tissues will initially be soft but may become firmer over the following weeks before softening again. During this period patience is called for.
14. Massage and moisturise the external scars from 3 weeks with a good facial moisturiser. The scars will take time to mature, but will do so. The delicate scar tissue is at greater risk of sunburn if exposed to the sun, therefore, you are advised to avoid sun exposure to any scar tissue for the first six weeks of healing, after this if the area is to be exposed to sunlight you should apply sun protection factor 50 sun block to exposed scar tissue.
15. Though most people experience uneventful post operative recovery, if you develop any of the following you should contact the ward:
 1. Temperature greater than 38.5°
 2. Severe pain not alleviated by simple painkillers
 3. Fresh bleeding from the wound, other than a minor ooze
 4. Excessive swelling