

MICHAEL F. MILAN M.D., P.C.
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Office: (248) 377-8141
For emergencies only: XXX-XXX-XXXX

THE MORNING OF SURGERY: Nothing to eat or drink. Do not apply any moisturizers or makeup to your face
Do not wear any jewelry.

POSTOPERATIVE INSTRUCTIONS FOR FACELIFT SURGERY

1. You must have someone drive you home and someone stay with you for the first 24 hours. Preferably stay in bed most of that day and night but you may read, watch T.V., etc. There will be slight oozing of blood during the first twenty-four hours.
2. Discontinue all smoking or exposure to second hand smoke for **at least four weeks before and four weeks after surgery.**
Avoid all aspirin containing products for two weeks after surgery. Aspirin thins the blood and may cause bleeding for at least two weeks after surgery. No alcohol for 48 hrs.
3. You must sleep with the head of the bed elevated 30 degrees for 5 day. You **MUST NOT USE A PILLOW FOR 5 DAYS.** (Use a sofa cushion or foam wedge). You must sleep on your back only. Use ice packs as much as possible for 72 hours after surgery.
4. **After your surgery consume at least 8 large glasses of water a day. Also maintain a well balanced diet of at least 2000 calories per day. This will promote healing and faster recovery.**
5. Shampoo your hair at least every other day. Wash incision lines twice daily with mild soap and water (apply light coating of ointment if prescribed). **Rinse your mouth with an antiseptic mouth wash twice a day if you have incisions in your mouth.**
6. Almost everyone feels a tightness in the neck following surgery. This is due to the tightening of the muscles during the surgical procedure. It is important to keep moving the neck in a normal fashion. **Please wear the neck strap constantly for the first week. You may remove the sling to shower and wash your hair taking care not to exceed thirty to forty minutes. The sling should cover the incision and cover the front portion of the chin** (at least ½ -1 inch of the sling should be visible when looking in the mirror).
Dr. Milan will instruct you when you can discontinue the sling.
7. Be very careful when using curling irons, hair dryers, and electric rollers after facelift surgery. It is very easy to burn yourself without knowing it because of the numbness of the ears and along the hairline which is common after this kind of surgery.
The area at the bottom of the earlobe is particularly sensitive. Care must be taken to avoid pulling garments over this area which might open the incision lines. Please pay careful attention to avoid pulling up on the earlobes. Do not wear earring until all sutures are removed.
8. Take medication as prescribed if necessary. Call our office for postoperative appointment after you are released from the hospital/office. Call the office regarding any excessive pain, temperature elevation over 100 deg., or any other pertinent information.
9. Avoid sun exposure for the first few weeks. If you wish to sunbathe, cover your face or use at least SPF #15 sun filtering cream or lotion. It is wise to avoid heavy exercise for the first ten (10) days after surgery.
10. You may use makeup any time after the surgery to cover discoloration but do not apply it to the incision lines until after the sutures are removed. Avoid coloring your hair for two weeks before and six weeks after surgery.

THESE INSTRUCTIONS ARE GIVEN IN ADDITION TO THE ROUTINE DISCHARGE INSTRUCTIONS. PLEASE KEEP THEM FOR REFERRAL DURING YOUR POSTOPERATIVE RECOVERY PERIOD.

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