

FACELIFT (& NECK LIFT)

Generic Postoperative Instructions

- Take all of your medications as prescribed by your surgeon
- Keep the surgical site clean and dry for 3-5 days and follow all wound care instructions
- Avoid any strenuous activity including exercise for the first few weeks after surgery
- Sleep with your upper body elevated, propped up on pillows, during the first week after surgery
- Avoid smoking and drinking alcohol, as they can slow the healing process
- Attend all follow-up appointments as scheduled and report any concerns immediately

Facelift Specific Instructions

- After surgery, you may experience swelling and bruising which typically peaks at 48-72 hours and gradually subsides afterwards. To help reduce swelling, it is recommended to sit upright as much as possible during this period.
- Apply cool compresses to the face intermittently in the first 72 hours. It is important to wrap the compresses in a clean towel and not apply them directly to the skin.
- While facelift surgery is not generally painful, you may experience some discomfort, tightness, and swelling in the first few days following the procedure due to the muscle and skin tightening/lifting involved. During this time, it is normal for the face to appear swollen and slightly distorted, but this typically resolves within 2-3 weeks
- Following your surgery, you may experience some numbness in your face and ears for a few weeks. However, this sensation should subside over time. As the nerves regenerate, you may also feel tingling, tightness, and hypersensitivity in your face and neck. At your follow-up appointment, we will recommend gentle massages to your face, neck, and forehead. These massages can help alleviate any hardened tissues and encourage nerve regrowth in the area.

- The facelift stitches are dissolvable and do not require removal. Initially, the tissues may feel soft, but they will become harder and slightly lumpier over the next few weeks. This is part of natural healing process. This period can be challenging, and it's essential to be patient. Eventually, the tissues will soften again, and you'll start to see the results of your surgery.
- A compression facial garment may be required to aid in the recovery process following your surgery. Your surgeon will instruct you to wear the garment continuously for the first eight days, and then reduce it to daytime or night-time use only for an additional one to two weeks. Wearing the garment can help minimise swelling and promote proper recovery. It's important to follow your surgeon's instructions carefully to ensure the best possible outcome.

If you have any postoperative care concerns or questions, please do not hesitate to contact us. You may email my secretary or call our office at 01227 764 499. During out of hours, you could directly contact the private hospital for further assistance.