**Post operative instructions for facelift patients**

1. Rest quietly in bed with head raised and straight, minimal talking or laughing in the first 48 hours.
2. Do not turn your head or your neck as you would ordinarily do, turn stiffly as though you had no neck during the first two weeks.
3. Continue taking prescribed medications.
4. Apply Bactroban to stitches and staples twice daily
5. You can wash your hair using mild baby shampoo, from the day after surgery.
6. You may not drive a car during this time. No flying for two weeks.
7. When bending, bend knees only, not with head down.
8. No heavy exercising or lifting of any kind for one month.
9. No smoking for at least 6 weeks before or after surgery.
10. No make-up on eyes (eyelid surgery) for 10 days
11. No chewing of hard foods or tough foods for the first week after surgery
12. Do not lie directly on face for one month, otherwise swelling will persist.

**Five to Seven Days After Surgery**

* Removal stitches at St Vincent Avenue rooms.
* Lymphatic massage drainage during this time is beneficial

**Seven to Ten Days After Surgery**

* Removal of staples if applicable
* Recommence prescribed aspirin, disprin and anti-inflammatories

**Six Weeks Post Op**

* You may colour your hair anytime from now
* A follow-up to see Dr Lofts will be made

**General**

You may notice numbness in various areas of the face, neck and ears. This may persist for weeks of months.

Face and neck may also feel rigid or tight.

Do not use hot commercial hair dryers while numbness lasts.

Avoid direct sun exposure on incisions for 2 months

Obvious bruising and much of the swelling will generally subside after two weeks

Expect to feel tired for 7-10 days. Do not drive while taking strong analgesics.

Expect not to look your best for 1 – 2 months