



tenley k lawton m.d.  
BOARD CERTIFIED PLASTIC SURGEON

## POST OP INSTRUCTIONS FOR A FACE LIFT

### AFTER SURGERY:

1. Keep your head elevated for at least the first week. This requires using pillows, etc., or actual elevation of the head of the bed or mattress. Do not engage in activities where you bend over, making you head lower than your heart. Bend at the knees and squat down instead of bending over at the waist.
2. Engage in only sedate activity for the first few days. It is not necessary to stay in bed during this time. To get out of bed, roll on your side first and push up with your arms.
3. Do not be alarmed by the swelling and bruising of the face. This will increase for the first 36 hours and then very slowly decrease in the next several weeks. The bruising will drift downward onto the chest during the first 4 or 5 days. The endoscopic forehead and face lift may cause more swelling than the standard face lift.
4. You must return to my office the day following surgery to have your head dressing removed. You should return to my office in 5 days to have the stitches in front of the ear removed and in 10 days for the stitches behind the ears.
5. When we see you the day after surgery, we will tell you when you can take a shower and shampoo your hair with any mild shampoo, such as Johnson's Baby Shampoo. There will be clotted blood in your hair, most of which will come out with the first shower and shampoo, but may require 2 or more shampoos. The entire head can be shampooed, but it should be done very gently in the area of the stitches and staples.
6. You may wish to bring a scarf to cover your hair the day the dressing is removed.
7. Do not apply makeup or lotions to your face before consulting my office first.
8. It is best to eat a soft diet for the first week, such as things that do not require a lot of chewing.

### **\*\*\* SURGERY AND SMOKING DO NOT MIX \*\*\***

Research and experience with smoking patients have shown the supply of blood to small capillaries in the tissue is reduced, so the risk of bad healing, failure to heal, or even death of some tissue, increased scarring or other complication increases. If you should have any problems or questions, please do not hesitate to contact our office at **949-640-0999**