



WHAT TO EXPECT AFTER A FACELIFT

THE FIRST NIGHT

- Your face will feel/look tight.
- Your face may feel numb to varying degrees
- It may be difficult for you to open your mouth
- ONLY eat soft foods and liquids (you can use straws if desired)
- Use a pediatric toothbrush for brushing teeth
- Your face may look asymmetrical - one side may be sluggish due to local anesthesia. It will wear off in 4-6 hours.
- There may be fullness and or discomfort in ears such as a feeling of fluid.
- You may experience mild nausea.
- Pain is very individualized, it is usually described as a mild pinching or tightness, but an occasional patient will describe it as severe pain.

THE FIRST FEW DAYS

- Similar to all the above in smaller degrees.
- Mild ear pain.
- Swelling/bruising is very individualized and will vary greatly from patient to patient. Continue to use cold compresses and firm pressure approximately 10-20 mins every hour for the first 24-72 hours as it will reduce post op swelling and bruising.
- To cover up bruising you may use make up, scarfs, turtlenecks and positioning of your hair. You may NOT use makeup on your incision lines for 1 week or until all open areas are healed.

THE FIRST FEW WEEKS - MONTHS

- Similar to all the above in smaller degrees.
- At around 2-3 weeks you will have your sutures and staples removed if ready by our office.
- Wear the Jaw Bra as instructed for the first 2 weeks after surgery.
- You may start to notice tingling or itching in your scalp. This is your nerve fibers in your scalp reattaching and repairing. Do your best to not excessively scratch and cause extra trauma.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, PLEASE CALL THE DOCTOR'S OFFICE

- For pain not relieved with your prescribed pain medications
- Fever greater than 101 degrees
- Unpleasant smelling drainage from your incisions
- Redness around incisions
- Persistent nausea and vomiting.