

Maxillofacial Surgery Center

Post-Operative Instructions

Facelift, Neck Lift or Endoscopic Forehead and Brow Lift

Dressing - The dressing placed immediately after surgery will typically be removed by us the next day during your appointment. Starting one day after surgery, wear the neck support strap we provide full time for the first week and at least half time for the second week. After two weeks you may want to wear the neck garment at night for another two weeks for additional support.

Sutures - Dissolve in about two weeks. Staples in hair bearing areas will be removed in about seven days.

Wound Care - Your hair should be washed gently every day beginning the day after surgery. Incisions may be cleaned twice a day using a Q-tip with diluted hydrogen peroxide (50% water) followed by the application of Polysporin ointment over the suture lines. If oral incisions were used, brush your teeth gently three times a day and rinse with warm salty water.

Activity - Elevate head off of bed at least 30 to 45 degrees. Use ice over the surgical areas for the first 24 – 48 hours as often as tolerated to help reduce swelling and bruising. Limited neck turning for up to six weeks (avoid rapid movement when turning your head). Increase activity as tolerated with no heavy lifting or exercise for at least two weeks.

Special Instructions - Swelling, bruising and some bloody drainage is normal

Signs of Hematoma - A hematoma is a painful extreme hardness often accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.

As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually go away, however it may take weeks to resolve.

Supply List

Polysporin	Light snacks & Drinks
Peroxide	Gauze
Prescription Medication	Zip Lock Bags
Nutritional Snacks	Q-tip cotton swabs

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