

## Post-Operative Instructions for Facial Surgeries

You should know that following the surgery all patients will experience some minor discomfort for several weeks. You will find that your face is bruised and swollen. This is all very normal and expected. Although you should be up and about as quickly as the day of your surgery, you should avoid strenuous activity for 4 weeks. However, if your work does not involve any major physical activity, you will typically be able to return to work within 2 weeks. Immediately following the surgery, it is recommended that you prepare for at least a weekend of rest that will allow your body to replenish its energy. Immediately post-operatively, Dr. Tijunelis may prescribe antibiotics, and medicine for pain and/or nausea.

The bulky dressing placed immediately after your facelift will be left on until your first post operative appointment with Dr. Tijunelis. If the dressing is too tight or causes pain, please call our office. The dressing typically will be removed a few days after surgery and replaced with a very light garment. If you have drains, please read our instructions on post-operative drain care. Varying degrees of numbness following a facelift are normal and may take from 2 to 12 months to improve as your small sensory nerves reconnect to the skin.

- It is **very important** to wash and clean your incisions in the shower **DAILY**. Change saturated dressings daily and **as often as needed**. Dr. Tijunelis will instruct you on when to change the garment. Your sutures will be removed 7 days after surgery.
- Keep your head elevated as much as possible to reduce postoperative facelift swelling. Avoid flexing the neck on pillows. This will prolong swelling. Maintain neutral head position, head above your heart, as much as possible.
- Place cold compresses on your surgical areas for 20 minutes every hour on the day of your surgery.
- You may begin applying makeup and/or camouflage 1 day after your sutures are removed.

Typically, you will be able to return to your regular social activities within days following the procedure. We recommend that you limit physical exercise for 4 weeks. As with all incisions, it is imperative that your scars be protected from the sun for a good 6 months following surgery. Please speak to our staff about Obagi, our skin care line we offer that will maximize the benefits of your "new look". By following these instructions, you will help ensure that you are receiving your best cosmetic result.

**PLEASE CALL OUR OFFICE if 1). there seems to be excessive bleeding on your dressing which does not stop, 2). if pain becomes worse and not better, 3). if redness or actual pus begins to drain through incisions (this can happen between 4-7 days) or 4). if you have a fever >100.5 degrees.**

If you have any questions or concerns, regardless of whether it is after normal office hours, **please call our office at (847) 968-2401.**