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DISCHARGE INSTRUCTIONS AFTER HAVING A FACELIFT

- Soft food only for the first 24 hours.
- You may shower and wash your hair the next day. If you go home with a nurse, she will help you with this. The stitches can get wet, and this will not harm them in anyway. Please do not put any chemicals in your hair for approximately 3-4 weeks after surgery. This includes hair coloring and “permanent” chemicals.
- Please do not do any heavy lifting, stooping, or bending over for 1 week after surgery and try to keep your head elevated; this is to prevent additional swelling. You may be more comfortable sleeping in a recliner initially at home if you have one.
- For the first 5 days after surgery, please cleanse all your incisions with half and half strength peroxide and water to remove any loose clots and then apply polysporin ointment to the incisions two or three times a day. This will make a finer scar.
- You should expect to have swelling of your face and neck and some bruising, especially of your neck.
- Your cheeks will be numb for a few weeks, and your ears will hurt. You will feel tight under your jaw. All these sensations are normal and eventually fade away with time.
- You may drive when you are no longer taking pain medication and feel comfortable enough to do so.
- Please do not take your medication on an empty stomach as this can cause dizziness and nausea. In addition to this, be aware all pain medication can cause constipation.
- Please avoid aspirin substances or any of the medications listed on your pre-op sheet for 2 weeks after your surgery as this will increase your risk of bruising and poor healing.
- Please do not do any strenuous exercises that will increase the circulation to your head (e.g., aerobics) for 2-3 weeks, but you can do walking, as soon as you feel up to it, and I encourage you to walk.
- Please do not apply any creams or lotions to incisions except those instructed or cleared by doctor.

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- Smoking dramatically increases your risk of infection, poor healing and bad scarring. Please refrain from smoking for at least one month post-op or until you are completely healed.
- The use of over the counter laxatives and stool softeners (colace) is recommended post-op while taking prescriptive medicines.
- Some patients experience a brief period of “let-down” or depression after cosmetic surgery. Some may subconsciously have expected to feel and look better “instantly,” even though they rationally understand that this will not be the case. Patients commonly question their decision to have surgery during the first few days after surgery. As the healing occurs, these thoughts usually disappear quickly. If you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state.