



PLASTIC SURGERY, PLLC

Steve Lee, M.D., F.A.C.S.

FACE LIFT INSTRUCTIONS

(IN ADDITION TO THE GENERAL INSTRUCTIONS)

PRE-OPERATIVE INSTRUCTIONS

- NO smoking at least 4 weeks prior to surgery
- NO ASPIRIN or aspirin-containing products
- NO color, perm, or chemical treatment of your hair 2-3 weeks before or after surgery
- Please shower or shampoo your hair the evening before and morning of surgery
- Please have your prescriptions filled prior to surgery

POST-OPERATIVE INSTRUCTIONS

- Keep the head of your bed elevated at all times. Avoid flexing the neck with pillows. You may allow your neck to extend slightly and raise your chin.
- Apply iced gauze pads to the cheek and neck areas to reduce swelling for the first 48 hours.
- Avoid use of the telephone to the ear. You may use speakerphones.
- NO pain medication on an empty stomach. This can increase nausea.
- Swelling is to be expected, especially in the cheek and perioral areas. This will maximize by 48 hours.
- You may shower and gently wash the incisions the morning after your surgery. Please wash your hair with a mild shampoo.
- NO strenuous exercise or vigorous aerobic activity for 4-6 weeks. Walking and gentle exercise is permitted.
- Sutures will be removed over a 5-10 day period.
- NO driving allowed until instructed by your physician.

NOTIFY THE OFFICE IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- **One side of your face is larger than the other.**
- **If you develop a temperature above 101.5o F.**
- **If you develop redness (like a sunburn) on your face.**
- **If you develop pimple-like sores on your face.**

PLEASE CALL THE OFFICE AT 718-395-8118 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.