**Post-Operative Instructions**

**Facelift**

Please read the instructions carefully. Should questions arise during your recovery, please use the contact information at the bottom of the sheet.

**Immediately after surgery**

* No HOT, WARM, or COLD compresses to the surgical area. DO NOT USE A HOT DRYER ON YOUR HAIR.
* You will be instructed when you may shower and shampoo your hair after surgery, most likely beginning 2 days after surgery.
* You may be asked to shampoo your hair daily until all the sutures have been removed. This will be determined on a case by case basis.
* Keep your head elevated approximately 45 degrees for the first week.
* Avoid smoking for 3-6 weeks after surgery; no alcohol 1 week after surgery
* Use caution when eating as to not cause an excessive over-stretch. A liquid diet might be advised for the first couple of days. Then eat only foods that require minimal chewing.
* Limit lifting, pulling, pushing, straining (including in the bathroom) for at least 10 days. Avoid bending over to pick things up from the floor for one week.
* If you experience dry eyes, you may use over the counter artificial tears; either drops or ointments. Do not use products like Visine.

**You can expect**

* Most sutures are dissolvable; permanent sutures are removed within 7 to 10 days.
* Moderate discomfort, which should be relieved with the pain medications.
* Moderate swelling.
* Black and blue discoloration.
* Possible bloodshot eyes.

**As time goes by and you are healing, the following guidelines apply**

* Most patients return to non-strenuous work 7 to 10 days following surgery.
* Swelling, bruising, and soreness are typically gone within 2 to 3 weeks.
* You may color or bleach your hair 4 weeks after surgery unless otherwise instructed.
* Strenuous activities can be resumed at approximately 6 to 8 weeks post op.

**Call the office or after-hours number if you experience**

* Severe pain not responding to pain medication.
* Significant swelling or obviously more swelling on one side.
* A bright red spot on the bandage which continues to enlarge.
* A fever above 101 Fahrenheit.
* Call the office if you have any questions.

**Call the office at (703) 255-4922**

**AFTER HOURS you may reach Dr. Yousefi at 703-969-0637**

**For Emergencies Call 911**