

# STEPHEN EVANGELISTI, M.D.

*Aesthetic and Reconstructive Surgery*

## POST-OPERATIVE INSTRUCTIONS FOR FACELIFT

### Medications

- After your surgery, if you need them, you may begin taking the pain medication as prescribed to you by this office. **Narcotic Pain medications may cause constipation. To prevent constipation, you may begin an over the counter stool softener (i.e. Colace). If you experience Constipation, Magnesium Citrate will help alleviate discomfort, (1-2) bottles for relief.**
- **Day after Surgery** please restart the antibiotics that you were prescribed and continue the full course until complete. You will have one refill on the antibiotics, which is **only** required if directed by this office.
- **DO NOT take any of the following medications for 1 week after your surgery:** Advil, Motrin, Ibuprofen, Aleve or any medications that contain those products.
- If you choose not to take the narcotic pain medication that was prescribed to you by our office, **Tylenol** is the only medication we suggest to take for the first week.

### Pain/Discomfort/Sleeping

- For the first 72 hours after your procedure, it is important that you remain quiet, laying with your upper body elevated at a 45 degree angle, or in a sitting position.
- Do not allow your head to fall forward producing a crease at your neck. \*\*\* Do not use a pillow under your head while in the "lazy boy" resting position. \*\*\*
- Avoid using dramatic facial expressions or excessive talking or yawning. Try to keep your teeth close together when talking.
- During this time period a soft diet is recommended so that there will be fewer chewing movements.
- You will have varying amounts of swelling, bruising, and discomfort in the face, neck, and especially the earlobes. It is not uncommon for your ears to be the main source of your pain/discomfort after your facelift surgery.
- The majority of your facial swelling and bruising that you get will resolve by 3 weeks, however earlobes may remain slightly swollen for up to 2 months.
- The wrinkles or pleats behind your ears may stay swollen or lumpy longer than 2 months.

### Showering/Cleansing

- You may shower and shampoo your hair the day after surgery. Please refrain from using a blow dryer on high heat setting and the use of hot rollers in your hair, as you may have decreased scalp sensation and may burn yourself.
- You may wash and apply moisturizer to your face the day after the surgery. When washing in front and behind your ears, where the incision lines are, please use a light touch to avoid pulling or tugging on the incisions.
- Avoid aggressive rubbing of the face and behind your ears for 3 weeks after surgery.

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**Makeup/Hair**

- Makeup can be used approximately 8 days following surgery. This can help cover any redness of the scars or discoloration of the skin around the eye area. Redness of the scars may be apparent for a period of 6-8 months.
- Use a brush in your hair and please avoid the use of a comb.
- You can color or perm your hair 3 weeks after surgery.

**Driving/Lifting/Exercise**

- You may drive as long as you are **not** taking narcotic pain medication.
- For 5 days after surgery, avoid leaning/bending over and lifting objects over 15 pounds.
- You will need to use mirrors for 3 weeks when backing up a motor vehicle. Turning the head more than 15 degrees will put your incision under stress.