

# Facelift / Neck Lift

## POST-SURGICAL PROCEDURE CARE PROTOCOL

### IMMEDIATE POST-OP (DAYS 1-3)

#### Dressing & Drainage

Keep all surgical bandages intact and dry until your follow-up appointment. If you have surgical drains, record the fluid levels exactly as directed.

#### Head Elevation

Always keep your head elevated at a 30-degree to 45-degree angle (use 2-3 pillows or a recliner), even while sleeping. This is critical to minimize acute swelling and bruising. Do not bend forward or lift anything heavy.

#### Incision Care

Do not touch, scratch, or apply any retail skincare or makeup to the incisions. If minor oozing occurs, gently dab the area with clean, sterile gauze.

#### Activity

Rest strictly. Short, gentle walks around the room are encouraged to promote circulation, but avoid anything that raises your heart rate or blood pressure.

### WEEKS 1-2

#### Suture Removal & Washing

Once bandages are removed by the provider, you may gently wash your hair and face with a mild, non-soap cleanser and lukewarm water. Do not scrub the incision lines. Pat dry gently with a clean towel.

#### Swelling & Bruising

Swelling typically peaks around day 3 or 4 and will gradually subside. Asymmetry in swelling is completely normal.

#### Strict Restrictions

No strenuous exercise, heavy lifting (over 5 lbs), pulling clothes tightly over your head, or twisting your neck drastically.

### WEEKS 3 AND BEYOND

#### Sun Protection

Incisions and healing skin are incredibly sensitive to UV light. Apply a physical (mineral) SPF 30+ daily and wear a wide-brimmed hat. UV exposure can cause permanent hyperpigmentation of surgical scars.

#### Scars & Sensation

Numbness, tightness, and a "wooden" feeling around the neck and jawline are standard and can take several months to resolve. Avoid high-heat styling tools close to the scalp where sensation is reduced.