

# NICOLE KLEIN MD

## ENT \ FACIAL PLASTICS

**Otolaryngology Associates**  
**ENT & Face, Head & Neck Plastic Surgery**  
[www.otolaryn.com](http://www.otolaryn.com)  
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### **Post-Operative Instructions - Facelift/Midfacelift**

You may experience a moderate degree of discomfort following your procedure, rarely lasting longer than 24 to 48 hours. This is normal and expected. Refrain from any activity that would initiate bleeding. Avoid extreme turning of the head and neck area as this places tension on the healing suture lines. Discoloration of the lower neck and upper chest is common and will diminish over time. As swelling subsides, some lumpiness may be noticed under the skin. Although annoying, it will gradually disappear. The sutures in front of the ears are removed at 3 to 5 days postoperatively; the remaining sutures and staples at 7 to 9 days. Makeup can be worn after one week. We suggest using water-based foundations as they require little effort to remove. If you need assistance using cosmetics to camouflage bruising, call the office for assistance. Do not pull or tug at your skin. It commonly takes 2 to 3 months following surgery for the incision lines to diminish. Injections can help speed this process.

- We may require you to return to the office the day following your procedure for dressing and drain removal. If you are using prescription pain medication, you should have someone else drive you to this appointment.
- Refrain from any activity that may initiate bleeding. This would include any physical exercise, excessive talking, chewing, bending over and lifting during the first several days after surgery. The doctor will advise when you can resume your regular activities.
- Head elevation on 2-3 pillows or resting in a recliner chair may help prevent or reduce excessive swelling. Avoid lying on your side for long periods of time.
- Immediately report any unusual bleeding, swelling, or pain centered in the area to the office.
- You may wash your hair in 48 hours with a mild shampoo such as baby shampoo or Neutrogena shampoo. Wash your face with a mild soap such as Cetaphil, etc. Cool or lukewarm showers may be taken starting after 36-48 hours but do not rub the area of surgery, pat gently. If you have a compression garment you may replace to shower.
- **DO NOT USE ASPIRIN, ASPIRIN-CONTAINING PRODUCTS, OR NSAIDs** such as Advil, Nuprin, Motrin, Ibuprofen, Naproxen, or Aleve for 2 weeks following your surgery. These products prevent normal blood clotting.

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- Resume taking your antibiotic the evening of surgery. Take pain medication as needed. Use Tylenol Extra-Strength for milder pain. **DO NOT TAKE MEDICATIONS ON AN EMPTY STOMACH.**
- Follow a soft bland diet the day of surgery such as soups, toast, Jell-O, or grilled cheese sandwiches. It is best to drink fluids using a flexible straw. Call immediately if you experience problems with nausea and/or vomiting.

A successful outcome requires your full participation. Post-operative visits are vital to monitor your progress.

**If you have any questions or concerns, please give our office a call between 9 a.m. and 5 p.m. at 317-844-7059 Ext. 1417. Thank you.**