

Bonnie J. Baldwin, M.D.
Aesthetic and Reconstructive Surgery
Office (713) 791-1975
Fax (713) 796-2583

FACELIFT POST-OPERATIVE INSTRUCTIONS

Please abide by the following instructions carefully, as your final result will depend on how well you care for the treated areas.

Following surgery:

1. Sleep with the head of the bed elevated thirty to forty degrees for two weeks to minimize swelling. Avoid flexing the neck as this puts tension on the skin behind the ears. If you are using pillows for elevation, position them alternately horizontal then vertical. This will elevate your head as well as support the shoulders and upper back.
2. For the first month sleep on you back. Sleeping on your side or stomach will increase swelling.
3. You may wear eyeglasses or contact lens if necessary. If eyelid surgery was also performed wait ten days before wearing contact lens.
4. Clean suture lines around ears with hydrogen peroxide on a Q-tip daily, and then apply a small amount of antibiotic ointment to the suture line using a Q-tip.
5. You may shower the day following surgery. On day one post-op, rinse hair using water only. Some hair may be noted in the rinse at this time. Shampoo may be used to wash your hair on the second day following surgery.
6. For the first month you should sleep on you back; sleeping on your side or stomach will increase swelling.
7. Use blow dryers on cool or low setting; do not use curling irons for the first five weeks following surgery. Hair coloring and permanents should not be used for six weeks following surgery.
8. Please immediately report any elevation in temperature, sudden swelling or discoloration, excessive bleeding, discharge from the incision sites or any signs of infection.
9. We want your aesthetic surgery experience to be a positive one. Should you have further questions please contact the office during office hours, Monday through Thursday 8:30 A.M. until 4:30 P.M. and Friday 8:30 A.M. until 1:00 P.M. After office hours the answering service will direct your call to Dr. Baldwin or her associate.