



## Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

### **Facelift and chemical peel Post Operative Instructions**

- Take medications as prescribed by Dr. Smith. You can start your pain medication the night of surgery if you are in pain. You cannot drive while using pain medication.
- You can start daily Miralax or stool softeners with your pain medication to help prevent severe constipation that can be caused by pain medication.
- Gently clean face with saline or wound cleanser twice a day and apply liberal amounts of Aquaphor to the face throughout the day to promote healing and prevent scarring from the chemical peel.
- Wear your face/jaw wrap 24 hours a day for the first week. Do not remove.
- After cleared to remove face/jaw wrap intermittently, begin cleaning sutures with saline or wound cleanser twice a day followed by the antibiotic ointment prescribed.
- It is important to keep sutures clean and free of dried blood/crusting as this will prevent healing and lead to an undesirable scar.
- Do not get surgical area/sutures wet with water until all sutures have been removed. It is okay to bathe from the neck down. Do not wash your hair until instructed to do so at your post-op appointment.
- Keep head elevated for at least 3 days after surgery to help decrease swelling.
- You can expect some numbness/tingling around your earlobes, face, and neck for several weeks after surgery. Tightness around the mouth and neck area are also common.
- You may notice some skin irregularities while healing from your operation. These small distortions will gradually resolve. Be prepared to wait at least 6-12 months for your facelift to completely heal inside out.
- No bending or lifting greater than 15lbs x3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- You may have drains in place after surgery. This is to decrease any fluid or hematoma under the skin. Please empty and record drain output twice a day.
- Do not take anti-inflammatory medications like ibuprofen, aspirin, or fish oil until directed by Dr. Smith.
- Do not wear any make-up until after your post-operative appointment and are instructed to do so. Do not wear contact lenses for the first 5 days after surgery. After 5 days contact lenses can be worn if there is no significant eye irritation.
- If your eyes become dry or you notice increased tearing/watering you may try over the counter Systane gel drops or regular artificial tears to help soothe your eyes while you heal.
- Do not smoke. If you currently use tobacco products, you risk significantly compromising your surgical outcome and delayed healing. Please avoid these products for at least 6 weeks after surgery.

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

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