



SUMMARY OF POST SURGERY INSTRUCTIONS FOLLOWING

# FACE AND NECK LIFT

## DRESSINGS AND MEDICATIONS

Bulky dressings until stitches are removed at one week. All prescribed medications to be taken as instructed.

## FOLLOW UP APPOINTMENTS

At 1 week for stitch removal, 3 weeks and 4 and 12 months, but this can vary.

## TIME OFF WORK

Typically 14 days.

## WASHING

Keep dressings dry until stitches are removed at one week.

## BEACH AND SWIMMING

After all wounds are dry and healed at approximately 4 weeks.

## SLEEPING POSITION

Sleeping upright with three pillows for a week to reduce swelling.

## MOBILITY

Immediately but avoid bending forwards excessively.

## DRIVING

At 1 week.

## EXERCISE

None for 4 weeks to avoid excessive swelling.

## FULL RECOVERY

6-8 weeks.

## FINAL APPEARANCE

4 months for facial contours, 18 months for scars.

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YOUR NOTES AND QUESTIONS