



## **First Follow up Reminders After Facelift and/or Necklift**

### Hygiene:

- It is okay to shower now. It's OK to use makeup at 1 week after surgery. No blow-drying hair for 10 more days. Hair-coloring/styling is OK 2 weeks after surgery.

### Healing:

- Any remaining staples will be removed next week. The remainder of the sutures are absorbable.
- Swelling, pain, sensitivity, and bruising are normal. A bruise dissolves from black to purple, and then to green and yellow, and then disappears. The healing process for a bruise is not the same for everyone. Some people are easy bruisers and take longer.
- Switch from ice to warm compresses for 10 minutes twice a day.
- You may choose to use Arnica cream or gel to help the bruising resolve faster.
- Scar care – you should massage the incisions twice a day with Biocorneum or Vitamin E oil.
- You may consider laser treatments in the office (such as laser hair removal or for helping scars fade) at 4 weeks after surgery.
- Gentle Intimacy is okay if you are comfortable at 2 weeks.

### Compression Garment:

- Wear a “chin strap” at night for the first month to help with swelling.
- Faces are most swollen in the morning – that's normal.
- Wearing a hat or scarf and sunglasses to cover up the swelling and/or bruising is helpful for some people.

### Exercise:

- 1 week → Brisk walking
- 2 weeks → Stationary bike (minimal arm movements)
- 3 weeks → Elliptical, Pilates
- 4 weeks → Stair master, Yoga
- 5 weeks → Running, weight training and muscle toning