



Neil J. Wells INC. MD, FRCSC

*Plastic & Reconstructive Surgery
Hand & Microvascular Surgery
Cosmetic Surgery*

FACELIFT POST-OPERATIVE INSTRUCTIONS

1. **Activity:** Rest and avoid physical activity for the first week and this will significantly reduce your bruising.
2. **Wound Care:** Apply ice to the area of surgery as much as possible for the first 48 hours. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn. You will have a dressing covering your stitches. There are drains: yes_____no_____ beneath the skin. The dressing and drains will be removed_____
Once the surgical area is comfortable, begin gentle massage of the skin for five minutes three times a day. This will improve the contour and reduce swelling.
You will notice the sensation in the skin is odd. This will gradually improve over several months.
3. **Drains:** Yes_____no_____ beneath the skin. Dressing and drains to be removed_____.
4. **Washing:** After the dressings have been removed, you may gently wash the surgical area and use half strength Hydrogen Peroxide to remove any clot that is stuck. Apply Polysporin ointment to the stitches four times daily.
5. **Skin Care:** Once the skin has healed in approximately 6 to 10 days, makeup can be worn. Opaque makeups with sunscreen are ideal. Regular use of sunscreens with a minimum of SPF 30 is recommended for several weeks afterwards.
6. **Call your surgeon** (see below) if you have: bleeding, increasing pain, pus in the surgery area, fever, pain in the eye, any change in your vision, or increasing swelling in your face especially if this is more on one side than the other.
7. **Restrictions:** You did____did not_____receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools or machinery for the first 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

PRESCRIPTIONS:

- Tylenol #3, Emtec_____Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics_____.
- Other medicines_____.

FOLLOW-UP APPT: Please call 604-688-8568 to make your follow up appointment or ask questions you may have.

DR. NEIL WELLS: office 604-688-8568