

# Westlake Plastic Surgery™

D R . R O B E R T C A R I D I

## Facelift & Neck Lift

### Pre-Operative Instructions

- ❖ Shampoo your hair the evening before your procedure. Do not use any conditioners, gel or hairspray.
- ❖ Do not apply any makeup, facial creams or lotions to your face on the day of surgery.
- ❖ You can color your hair 2 days before the procedure. You must wait 6 weeks after your procedure to color again.

### Post-Operative Instructions

- ❖ A cotton head wrap and/or chin strap/headband will be used after your procedure.
- ❖ Sutures are usually removed 5-14 days, in stages, after the procedure.
- ❖ You will be instructed on how to shampoo your hair at your first post-operative appointment.
- ❖ Restrict your head and neck movement after your procedure. Keep your head elevated, even while sleeping, and ice as instructed.
- ❖ Bruising and swelling in the operative area(s) is normal. It may last 2 weeks or longer for this to subside.
- ❖ Camouflage makeup may be used after all the sutures have been removed.
- ❖ Some bleeding and oozing is expected, especially around the ears. If rapid or uneven swelling, increased pain or excessive bleeding occurs, please call the office immediately.
- ❖ If you have a drain, you will be instructed on its use.
- ❖ Avoid using a hot hair dryer for 4 – 6 weeks.
- ❖ A good sunscreen (SPF 15 or greater) is recommended after your procedure.
- ❖ TAKE IT EASY AFTER YOUR PROCEDURE! Over activity is a common cause of post-operative complications. Do not engage in any strenuous activity for 2 – 3 weeks.