



Facial Plastic & Reconstructive Surgery

Facelift and/or Brow Lift Post-Operative Instructions

Please follow the general post-operative instructions provided. In addition:

Day of surgery:

- No turning head for one week. If necessary to turn, do so by turning your shoulders or body from side to side.
- Drink plenty of fluids and avoid foods that require a lot of chewing as this may increase swelling and prolong healing.

Day 2-7:

- Apply Bacitracin ointment 2-3 times a day for the first four days. On the 5th day, switch to Vaseline.
- You will be seen by Dr. Shipchandler or his nurse the day following surgery. At this time, your dressings will be removed and your Jawbra will be placed.
- Keep the Jawbra dry and intact. It must be worn unless showering/bathing or performing suture line care.
- Readjust the Jawbra as needed throughout the day and night. Wearing the Jawbra too tight or too loose may result in postoperative complications. Neck should feel snug and supported for the first two weeks.
- Continue to wear your Jawbra throughout the 2nd week day and night as much as possible.

You may resume wearing makeup on the 9th post-operative day. Please wait at least two weeks post-operatively to get your hair colored, highlighted, etc.

It is common for patients to feel depressed the first few days after surgery. This improves quickly as you begin to look and feel better.