



FACE LIFT POST-OPERATIVE INSTRUCTIONS



HOW TO CONTACT US

Luminary Office

M-F 8 am- 5:00 pm
941-926-6553

After Hours Answering Service

941-567-2876

WHAT TO EXPECT AT HOME

- It is normal to have pain, bruising, and swelling of the eyes after you get home. Within a few days or weeks, these symptoms will go away.
- You may need help with your everyday activities for a few days until your pain and swelling decrease.
- Incision scars may take several months to over a year to fade.

ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- It is essential that you keep your head elevated at all times. You MAY NOT sleep lying down. Please prop yourself up on several pillows so your head is elevated at 30-degrees.
- While you are healing, LIMIT your physical activities so that you DO NOT stretch your incisions.
- DO NOT do any heavy lifting, bending or strenuous exercise for 6 weeks.
- DO NOT drive if you are taking narcotic pain medicines.
- Ask your provider when you can go back to work or start other activities.

WHEN TO CALL THE DOCTOR

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

FOLLOW-UP

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.