

BEVERLY HILLS WELLNESS SURGERY CENTER, LLC
FACELIFT / BROWLIFT POST OPERATIVE INSTRUCTIONS

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery. Sleep with your head elevated for 2 days after surgery.
2. Early ambulation is important after surgery; you may start walking lightly 1 day after your surgery.
3. You may go to the bathroom with assistance as needed.
4. Take your medications according to the specific written instructions that have been provided.
5. You can expect the following:
 - Drains may be used and will be removed on postop day 1.
 - A head dressing will be placed after surgery and removed on postop day 1. If it feels excessively tight it may be removed. Please consult our office before doing so.
 - Moderate swelling & tightness of face, facial features and incision areas. Excessive swelling is unusual.
 - Black and blue discoloration, swelling around the eyes, mild oozing from the wound edges.
 - Numbness of the forehead / face which can last up to several months
 - The period of greatest discomfort does not usually last more than 24-48 hours. Thereafter, you may find that you need your pain medication less frequently.
 - Sutures will be removed at 1 week, at which point makeup may be used on the incisions and face.
6. **You can shower 48 hours after surgery.** Remove any dressings, and use a gentle shampoo, taking care not to rub the incisions around your forehead / face. Gently pat the areas dry.
7. Avoid any heavy lifting (greater than 10 pounds), strenuous exercise, pushing for 2 weeks after surgery. After this, you can gradually increase your activity and return to full activities with no restrictions after 3 weeks.
8. Avoid direct sun exposure / tanning of the incision(s) for several months after surgery.
9. A liquid diet is recommended for the first day progressing to a regular diet over the first 24 hours.
10. Do not drive a car until your physician has given you permission to do so.
11. Avoid smoking and alcohol for 2 weeks after surgery.
12. Contact our office at (310) 385-9623 if you experience any of the following:
 - Severe pain not responding to the pain medication.
 - Marked or severe swelling of one or both sides of the face / forehead, fevers, chills, or excessive bleeding.
 - Shortness of breath, chest pain.

Patient Signature

Date

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