



INLAND INSTITUTE

ORAL AND MAXILLO-FACIAL SURGERY
COSMETIC SURGERY

1333 E. Foothill Boulevard, Suite 1 ❖ Upland, CA 91786
Phone (909) 982-8888

Facelift, Neck Lift, Endoscopic Forehead and Brow Lift, Midface Lift, or Extended Subperiosteal Coronal Lift

Dressing - The dressing placed immediately after surgery will typically be removed by us the next day during your appointment. Starting one day after surgery, wear the neck support strap we provide full time for the first week and at least half time for the second week. After two weeks you may want to wear the neck garment at night for another two weeks for additional support.

Sutures - Dissolve in about two weeks. Staples in hair bearing areas will be removed at your one week follow-up appointment.

Wound Care - Your hair should be washed gently everyday beginning the day after surgery with your choice of shampoo. Do not allow the water to hit the incisions directly, but water may run over all incisions. Incisions may be cleaned twice a day using a Q-tip with diluted peroxide followed by the application of antibiotic ointment over all incisions.

Activity - Elevate head of bed at least 30-45 degrees. Use ice or frozen pea packs over the surgical areas for the first 24-48 hours as often as tolerated to help decrease swelling and bruising. Limited neck turning for up to six weeks (avoid rapid movement when turning your head). Increase activity as tolerated with no heavy exercise or lifting for at least two weeks. Eat a soft diet for the first few days. Avoid bending over to decrease pressure on the face. Avoid driving while still taking prescription pain medication.

What to Expect - Swelling, bruising, and some bloody drainage is normal. Swelling and bruising may also move to the chest area due to gravity. Pressure at the incision sites is typical and will be alleviated once the sutures and staples are removed. As numbness subsides, it is common to feel tingling or sharp sensations. These sensations will eventually go away, however it may take months to resolve.

Signs of Hematoma - A hematoma is a painful extreme hardness sometimes accompanied by bruising, usually unilateral causing asymmetry. Please notify us if you have any symptoms you are concerned with.

Please Purchase these Items from your local drug store before surgery

Polysporin

Peroxide

Nutritional Snacks (i.e. Ensure)

Light snacks & Drinks

Prescription Medication

Zip Lock Bags

Q-Tip Cotton Swabs

Gauze

Frozen Peas