

## Post-Operative one week instructions (face/neck/brow/bleph)

### **Incision aftercare:**

- 1) Discontinue the wrap around your head.
- 2) Discontinue cleaning with Hydrogen peroxide.
- 3) Discontinue Aquaphor (or Lubrephresh for the eyes) (continue aquaphor on the face only if you have had a chemical peel or Contour TRL Laser done until day 10).
- 4) Start sunscreen 48 hours after your suture removal. UVA and UVB rays can cause incision lighting/ darkening- apply sunscreen anytime you are going in the sun. Use a sunscreen that is at least 7%-10% zinc (provides the most coverage).
- 5) You may begin scar gel (biocorneum) 48 hours after your suture removal. Starting earlier could irritate incision lines.
- 6) Do not pick at incision lines, they can be irritated very easily.
- 7) You have clear stitches behind each ear, they will dissolve on their own (Facelift patients only).

### **Activity:**

- 1) Take it really VERY easy the week following your suture removal. Although incisions are matured and closed, and all areas look good, there is still a chance (although rare) that too much activity (doing laundry, cleaning the house, lifting heavy objects etc.) could lead to a small blood vessel bursting, leaving the patient with a hematoma or large amounts of extra swelling that hinders the healing process.
- 2) No working out until 4 weeks post op. (This includes cardio, lifting weights, yoga, and sexual activity etc.). Working out can lead to an accumulation of swelling that hinders the healing process.

### **What to look for:**

- 1) After sutures come out, the following week is a great healing week, swelling will begin to subside/ as well as any remaining bruising.
- 2) Continue to sleep semi-elevated while avoiding high sodium foods for the next week following your stitch removal, this will help bring down extra swelling.
- 3) Your incisions will be red, raised, and rippled between 2-10 weeks following your stitch removal. It takes time for the incision line to mature.
- 4) You will notice lumps and bumps begin to form (most commonly in the cheeks and around the jaw). They are patches of swelling that have begun to break down and are starting to go away. These can last up to 3-6 months before they go away completely (facelift/necklift patients only).
- 5) You will feel tight along the jawline for the next couple of months. This is due to tissue manipulation during surgery and tightening the muscle (smas) under the skin and under the chin as well. (facelift/necklift patients only).
- 6) After the first couple of weeks, sometimes a clear stitch that was placed under the skin can protrude through the skin. Do not be alarmed, call our office and we will remove it for you or it will dissolve on its own.
- 7) You will experience temporary numbness until approximately the one year mark.

**Make-up/skin care:**

- 1) Avoid wearing makeup for 1-2 weeks following stitch removal. Applying makeup right away can irritate the incision lines and cause them to be red.
- 2) When using makeup on the incision lines, make sure it is breathable makeup (mineral based). Oxygenetics makeup is carried in our office and is safe and recommended after all surgical procedures.
- 3) Be very careful when removing makeup (especially eye makeup) as it can be can be rough on the incision line causing them to become irritated.
- 4) Use a gentle face wash/cleanser for the first 2 weeks (cetaphil).
- 5) No clarisonic for 6 weeks.
- 6) Please avoid waterproof makeup as this type of makeup is difficult to remove.
- 7) You cannot color your hair until 4 weeks after surgery (for facelift/browlift patients only.)
- 8) Resume your normal skin care routine at the two week mark post-surgery.