



# Facelift Aftercare Instructions

## Recovery Timeline:

**Week 1-2:** You may experience significant swelling, bruising, and discomfort in your face and neck. You may also have some stitches or sutures on your face, along your hairline, and behind your ears. You should use ice packs and medication as directed by your surgeon to reduce the inflammation and pain. You should follow a soft or liquid diet and avoid chewing, talking, or smiling excessively. You should also avoid any strenuous activity or exercise. You will have a follow-up visit with your surgeon to check your healing progress and remove the stitches or sutures<sup>12</sup>.

**Weeks 3-4:** You will notice an improvement in your swelling and mobility. You can transition to everyday foods and resume your daily activities, such as work or school. You should still avoid any strenuous activity or exercise. You should also use sunscreen and sunglasses to protect your face from sun exposure and damage<sup>12</sup>.

**Weeks 5-6:** You will have much less swelling and soreness in your face and neck. You can resume your normal diet and exercise routine. You should still avoid any contact sports or activities that may injure your face. You can also massage your face gently to improve blood circulation and healing<sup>12</sup>.

**Weeks 6-8:** You will have almost complete recovery from your facelift surgery. Your swelling and bruising will be mostly gone. Your face and neck will be healed and stable. You can enjoy the results of your surgery and see the difference in your appearance and profile.

## Recovery Positioning

- Keep your head elevated at a 45-degree angle using a wedge pillow or recliner. Do not use regular pads that cause neck bending.
- Avoid straining or vigorous activity for the first 5 days after surgery. Flex your ankles and legs up and down while resting to promote circulation.

## Swelling Reduction

- Apply cold compresses or ice packs to exposed facial areas for the first 72 hours to help reduce swelling.

## Pain Management

- Take prescribed pain medication every 4-6 hours as needed for discomfort. Only take as directed. It can be taken with light food to avoid nausea. Do not drink alcohol while taking pain medication.

## Diet

- Start with clear liquids, then progress to soft foods like soups and jello. Resume a regular, protein-rich diet the day after surgery.

## Drains

- Surgical drains may be placed under the skin to remove fluid, usually in the neck. Bulbs should stay compressed. The output will be tracked. Drains and head dressings are typically released within 2 days.

## Swelling

- Swelling and bruising of the face and eyes are expected during the healing process. Notify Dr. Rohrich if one side suddenly boasts more than the other or if you have unrelieved pain.

## Movement

- Avoid turning your head from side to side; move your head and shoulders together. Limit facial expressions, chewing, and talking for the first week.

## Hair Care

- May wash hair with baby shampoo after dressings are removed. Avoid conditioner, hairspray, and gels until the stitches are out. Blow dry hair in a relaxed setting. Wait 3 weeks for hair coloring.

## Activity

- Regular activity can resume after 3 weeks; avoid strenuous activity for a full 4 weeks after surgery.

## Sun Protection

- Protect incisions from sun exposure for 8 weeks. Wear a wide-brim hat and SPF 30 sunscreen minimum when outdoors.

## Scar Care

- Begin scar massage and treatment at 6 weeks using products prescribed by Your Doctor.

## Follow Up

- Schedule follow-up appointments at 3 weeks, 6 weeks, 6 months, and 1 year after surgery. Notify your doctor or Iran Health Agency about any concerns, pain, fever, or other issues. Avoid wearing pullover clothing over the head for 3 weeks.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



## International Care, Local Comfort

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