



DR JONATHAN
TOOGOOD

PLASTIC & RECONSTRUCTIVE SURGEON
MB.ChB. (Stell) FC Plast Surg (SA) | Practice no: 0230197

FACELIFT

PRE/POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

- Prepare your skin pre-operatively by using CE Ferulic – an antioxidant. It accelerates healing after injury or damage and increases the firmness and density of skin.
- Please book your Rapid Healing* appointments at your pre-operative visit, so that you can start the sessions at your post-operative visit.

POST-OPERATIVE INSTRUCTIONS

- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. A good stool softener, such as Movicol, may be used.

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications.
- You may tire easily. Plan on taking it easy for the first week.
- No strenuous activities, including sex and heavy housework, for at least 2 weeks (walking and mild stretching are fine).
- Return to work 14 to 21 days post-operatively.

INCISION CARE

- You may bath 48 hours after surgery. Avoid steam baths and saunas for 3 months.
- You may shower only after your post-operative appointment (usually 4 days post-operatively).
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock – regardless of the weather – if you plan to go outdoors or not.
- Keep incisions clean and inspect through Micropore daily for signs of infection or oozing.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Keep incisions clean and inspect daily for signs of infection.
- Keep your head elevated and sleep with it propped up.
- Do not use hair dye or have highlights until approved by Doctor (usually 6 weeks post-operatively).

- You may use cold compresses for comfort and to help decrease the swelling.
- Hair may be shampooed on the 4th day post-operatively.
- The area of the sutures may be washed gently to loosen any blood clots in the hair.
- Do not set hair dryer temperature on hot, as you may not have feeling in operated areas.
- You may use make-up after the sutures are removed. Be sure to use uncontaminated (new) make-up sponges when applying foundation to cover bruising. Take care not to apply make-up over the incisions. It is important to gently remove all make-up with the recommended facial cleanser – splashed off with warm water.
- You may follow your usual skincare routine – taking care not to apply any creams containing Vitamin E on the incision areas.

WHAT TO EXPECT

- Discomfort will be maximal in the first 3 days, improving each day thereafter.
- Bruising, swelling, numbness, tightness and tenderness of the skin can last for 10 to 14 days or longer.
- You may experience tightness in the neck and jaw with difficulty turning your head to the side for 1 to 2 weeks.
- Your skin may feel dry and rough for several months.
- Your face and ears may look and feel strange and be distorted from the swelling.
- Men may need to shave behind their ears, where beard-growing skin is repositioned.

FOLLOW-UP CARE

- The drainage tube will be removed in 1 to 2 days.
- The facial support bandage may be removed in 1 to 3 days.
- Sutures are usually removed from in front of the ear in 7 to 10 days, and eyelid sutures in 4 to 5 days (in case of Blepharoplasty).
- Staples in the hairline are removed in 10 days post-operatively.
- Sutures in the hairline will dissolve in 6 to 8 weeks.
- A good skincare range to help maintain and improve the results of the facelift can be purchased at our practice from one of our qualified skincare therapists.

WHEN TO CALL

- If you have increased swelling or bruising after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 37°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

***Rapid Healing: Omnilux Red Light – speeds up healing by 50%. 8 sessions for R 1 000.**

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za