**IN OFFICE FACIAL SURGERY**

A facelift is a procedure designed to correct the signs of facial and neck aging. With age, your skin loses some of the underlying supportive structure and elasticity. As a result, you start to notice wrinkles, drooping skin (particularly along the jaw line), and deepening furrows around the mouth and chin. The general objective of facelift surgery is to correct these aesthetic problems by tightening the underlying facial tissues and musculature and removing any loose skin. After listening to your goals from the surgery and examining you, Dr. Husain will create a customized treatment plan to reflect your specific needs and treatment objectives. Facelift surgery can be performed in office using local anesthetic and medication to relax you and lasts between three to five hours.

**What to expect during the procedure:**

* Arrive at the office 30 minutes prior to your surgery. At this time, you may take your prescribed Ativan. Preoperative photos will be taken. You will be brought into our in-office procedure room and Dr. Husain will mark the surgical area. At this time, you may discuss any questions that you may have. Local anesthetic will then be injected into the surgical area.
* During your facelift surgery, Dr. Husain will make incisions in the hairline, in front of and sometimes behind the ears, taking great care to ensure that your incisions will be as inconspicuous as possible. Lax muscles will be tightened, and excess skin will be removed. The specific details of each individual’s facelift will vary according to their needs.

**What to expect after the procedure:**

* If you took the prescribed Ativan you will need a friend or family member to drive you home from the office.
* Gauze will be applied over the incisions, as well as a compression garment to minimize swelling.
* Expect to have some discomfort for a couple of weeks, especially for the first 24-48 hours following surgery. Most people take 2-3 weeks off work. Returning to work should be discussed with your doctor before your surgery.
* At one week you will have a follow up appointment with our nurse Alisha. Sutures and staples will be removed, and you will be able to see the initial result. The results will improve over the following 5 weeks.
* See **INSTRUCTIONS FOR PATIENTS AFTER** **FACIAL SURGERY** information page for all post-surgery information.

**INSTRUCTIONS FOR PATIENTS AFTER FACELIFT SURGERY**

**WOUND CARE**

* After your surgery you will have a dressing around your face. Please keep this dressing dry for 24hrs.
* Expect to have some swelling, bruising and discomfort after the surgery. Swelling will dissipate over the next 1-2 weeks, bruising may last 3 weeks.
* You can take showers the next day after surgery. Use your usual soap/shampoo. Avoid rubbing over the incisions.
* Wear your pressure garment for 2 weeks to minimize swelling and reduce the chance of a fluid collection under the skin. It should be snug, but not so tight that it is uncomfortable.
* Be very careful with the use of ice after surgery as the skin will not have normal sensation and you may inadvertently burn your skin. See back of page for use of ice.
* For optimal results and healing see back of page for recommended post surgery skin care routine.

**MEDICATIONS**

* Take pain medication as directed by your doctor:
* every 4-6 hours as needed.
* If pain is mild you may take extra strength Tylenol instead.
* Do not take products containing Ibuprofen (Advil, Aleve, Motrin, Aspirin) in place of pain medication.
* If you have stopped medication before your surgery (aspirin, anti-inflammatory drugs, Coumadin, herbal medication, etc.), they can be restarted 1 week after surgery, provided there is no bleeding from your incision.

**ACTIVITY**

* Avoid straining, doing any heavy work or lifting anything heavier then 5lbs for 2 weeks post surgery.
* You can do light activities, like driving, going for walks, etc. any time after surgery.
* Keep your head elevated as much as possible. Lying flat may increase swelling. Sitting up, walking or resting with your head elevated is recommended.
* Sleep with your head elevated on 3-4 pillows and sleep on your back rather than on your side for the first 2 weeks.

**CALL THE OFFICE**

* You will have a 1 week appointment where your stitches and staples will be removed, after this we ask that you wait 1 week before applying makeup or creams. You will have a follow up appointment with Dr. Husian at 6 weeks from your surgery date.
* If you have an urgent problem before this appointment, go to the emergency room.
* If the problem is less urgent, call our office. For example:
* Your medications do not control pain;
* You are worried about the healing of your incisions;
* You have an allergic reaction to dressings.

Common Questions

1. ITCHING- this is very common in the first week after surgery. As the incision heals it can become dry and cause the area to feel itchy. Avoid scratching the area.
2. Swelling will vary patient-to-patient as well as side-to-side. Swelling may actually increase the first three to four days before subsiding. Most of your swelling should resolve over the first two weeks.
3. Compression Garment- Wear your compression garment as much as possible for the first two weeks. You can take it off for a break to wash it, if it does not disrupt your sleep it is recommended to sleep with it as well.
4. USE OF ICE- using ice to help with swelling is not required but if you wish to do so use caution. Do not apply ice directly to the skin, wrap ice pack in a face cloth or towel. Apply ice for 10-20 minutes every couple of hours for the first 2 days after surgery. Do not leave ice on area for long periods of time or fall asleep with the ice pack applied.

Recomemnded Care Post Surgery



V-Stat- Suitable post surgery treatment for the prevention of hypertrophic scars and to minimize the appearance of new scars.

Begin using 2 weeks after surgery. Apply a thin layer to area morning and night.

Continue using until happy then continue using Grenzcine. .