

# Patient Post-Operative Care Information

Professor V V Ramakrishnan (VVR)

## Additional Patient Care Advice

### Facelift

Following your planned discharge, please ensure the following are adhered to, in order to optimise the healing process, unless otherwise instructed to by VVR :

#### **For the 48 hours post-op**

- Ensure healthy diet – Limited chewing with soft food

#### **For the 2 weeks post-op:**

- Head pressure garment to remain in place (other than when showering)
- Avoid stooping / bending**
- Bend knees, keeping back straight when lowering body
- Sit / sleep propped upright when resting / sleeping
- Avoid sudden / quick movement of head / neck
- Keep head straight with limited sideways movement
- Gently wash face with soap, shampoo hair by standing in shower
- Gently pat dry face and head with clean towel – do not rub
- Hair - blow dry on cold setting only
- Brushing teeth – stand in upright position - Rinse into cup
- Do not drive until stitches removed
- Do not undertake any strenuous activity that raises the heart rate (including housework) – maintain gentle mobility
- Do not wear make-up for 2 weeks
- It is anticipated that stitches will be removed, if required, during the follow-up meeting 1 week post-op. Further appointments are arranged**
- Timeframes on returning work / resuming normal activities will be re - confirmed once reviews have taken place**
- AVOID SUN EXPOSURE FOR 1<sup>st</sup> YEAR**