



## Lower Facelift/ NeckLift Post Procedure Instructions

- You will be sent home in a compression wrap, **PLEASE DO NOT REMOVE OR ADJUST THIS WRAP.** You will be seen at 24 hours, at this time your bandages will be replaced. If there is fluid accumulation, we may need to see you the following day(s) until there is no more fluid.
- A facial ice wrap will be provided on the day of procedure. ***Apply 30-40 minutes on, and 30-40 minutes off (on top of the compression wrap). Ice only while you're awake. DO NOT apply ice directly onto the skin. Discontinue Ice wrap after 48 hours.***
- **Eat soft foods**, stay away from anything that causes vigorous chewing ***for the first 72 hrs.*** **Avoid excessive chewing** (including use of straws) **and talking for 1 week after procedure**
- After the formal compression is no longer needed (as per our instruction), using your bare hands, use a mild facial cleanser such as Cerave or Cetaphil (or basic bar soap such as Ivory or Dove) with warm water to clean your face, neck, and all incisions.
- After cleaning for the first time as above, please wash your incisions twice daily, followed by application of bacitracin twice daily (as your daily routine) until we instruct you to discontinue. **If red skin irritation/itching occurs on the incisions, discontinue using bacitracin and use petroleum jelly (Vaseline or Aquaphor) instead.**
- You may wash your hair once the compression wrap is removed, using baby shampoo, until sutures are removed. It's okay to let the shower run directly on the face and neck. Use baby shampoo for a total of 3 weeks.
- You may use makeup and moisturizers on your face, except on the sutures.
- An elastic facial/neck garment will be provided to you after the compression wrap is removed. This garment is to be worn **8-10 hours during the daytime**. No more than 8-10 hours in a 24 hour period, for **30 days**. More is not better.

**\*IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CONTACT US\***

**TEXT #: 833-611-0925**