



Recovery after Facelift

During the procedure:

Comfortably Awake Facelifting has an **unprecedented safety record** and allows the surgeon to effectively rejuvenate both deep and superficial layers with little discomfort. Compared with general anesthesia, patients experience faster recovery, and improved cosmetic results.

A. First evening and the next day:

1. You must have a **responsible adult** drive you home and stay with you the first 12 hours.
2. It is very important to **keep your feet up for the first 12 hours** after the procedure. Likewise, **rise gradually** - from reclining to standing position - first sit at the edge of the bed for 30 seconds, then stand by the edge of the bed for 30 seconds, then, if not lightheaded, proceed to walk.
3. It is also important that you **drink healthy fluids every 15 minutes the first 2 days** after the procedure to prevent lightheadedness and risk of fainting.
4. Please wait 24 hours before your 1st shower. Refrain from soaking face in bath/hot tub for 2 weeks.
5. **Text our surgical team** that first afternoon/evening to give us an update and have any concerns/questions addressed.

B. First week:

1. **Apply Carmex** (medicated lip balm) to all stitches twice a day until healed.
2. You can start **easing back** into your routines after 48 hours.
3. Continue to consume **daily probiotics** for total of 6 weeks to support gut health after antibiotic use.
4. **Please take all prescribed medicines as directed. Tylenol and/or Motrin** for discomfort.
5. Most sutures (stitches) are removed at your 1st follow-up appointment. At this time, incisions may be treated with fractional lasers to reduce scars.

C. Second week:

All remaining sutures are removed at 2 weeks, all incisions are treated with fractional laser.

D. Subsequent weeks/months after:

1. Expect there will be slight **swelling** and contour irregularities/asymmetries for several months.
2. The discretely-placed incision lines continue to “remodel” – lighten and flatten for **2 years**.
Scar-erasing resurfacing lasers are applied at all follow-up visits for several months.

We all recover differently; if you find you're having concerns with discomfort, irregularities, or **anything** else - let us know. **Please keep us updated regarding your progress/concerns/questions.**