



MICHIGAN FACIAL AESTHETIC SURGEONS

Look  
as Good  
as  
You Feel

## MID-FACELIFT

### POST-OP INSTRUCTIONS

- ▶ Elevate your head to 45 degrees to help with any swelling and bruising.
- ▶ Use frozen washcloth compresses (folded into a rectangle) and drape them over the eyes and nose. Replace every hour that you can. This will help tremendously with any swelling and bruising. Wet the washcloths, fold them into a rectangle and freeze them. Have plenty on hand for the next 4 days.
- ▶ Keep the headdress in place until we see you in the office. This is important to prevent any fluid accumulation. The eyelids and cheeks may swell with this on. .
- ▶ Once the headdress is removed you need to keep the salve on the incision lines. You can wash the hair with all motion “going to the back of the head” to keep the face and cheeks up (don’t want to pull them down).
- ▶ Plenty of water, hydration and liquids for the next two weeks to help hydrate after anesthesia is removed from the body.
- ▶ Please take your Arnica and TXA (if prescribed) as directed post procedure.

The above instructions have been explained to me, and I understand the contents of this post-operative instruction sheet.

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Patient Signature

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Date