



Kamran Abolmaali, MD

North Atlanta Plastic Surgery Group

Tel: +1 (404) 781 9094

Fax: +1 (770) 733 1511

Email: drabolmaali@napsg.com

Post op Instructions - Face Lift / Neck Lift

Dressing: The dressing placed immediately after surgery will typically be removed by us the next day during your appointment. Starting one day after your surgery, wear the provided neck support strap full time for the first week and at least halftime for the second week. After two weeks, you may want to wear the neck garment at night for another two weeks for additional support.

Sutures: The sutures will usually be removed after 5-7 days in the office. Dr. Abolmaali will use dissolvable sutures in some parts of the incision, which do not need to be removed. If you have staples in the hair bearing areas, they will also be removed during your one-week follow-up appointment.

Wound Care: You should wash your hair gently everyday beginning the day after surgery with a gentle shampoo. If your hair is matted together after removing the dressings, you may use a conditioner to help to loosen things up. Incisions may be cleaned twice a day using a Q-tip with diluted hydrogen peroxide. If instructed by Dr. Abolmaali, use the antibiotic ointment over the specified locations.

Activity: Head elevation will help to reduce swelling after the surgery. We recommend raising the head of bed at least 30-45 degrees or to use 2-3 pillows when lying down. Use ice or frozen pea packs over the surgical areas for the first 24-48 hours as often as tolerated to help decrease swelling and bruising. Avoid rapid movements of your head and limit extreme neck turning for up to six weeks. You should not lift any object heavier than a gallon of milk or bend over during the first week, as it may increase pressure on your face and risk formation of hematoma in the surgical site. After one week, you may increase your activities as tolerated without exerting yourself. Eat a soft diet for the first few days and make sure to drink plenty of fluids especially if you have to take narcotic pain medications. Do NOT take Aspirin, Ibuprofen or any other NSAID pain medications after the surgery. Avoid driving while still taking prescription pain medication or if you feel limited in your neck movements.

What to Expect: Swelling, bruising and some bloody drainage is normal. Swelling and bruising may also move to the chest area due to gravity. You may notice some numbness on your face over the first few weeks. As numbness subsides, it is common to feel tingling, itching or sharp sensations. These sensations will eventually go away; however, it may take months to resolve.

Signs of Hematoma: Painful extreme swelling, and hardness often accompanied by bruising, usually only on one side causing asymmetry. Please notify us if you have any symptoms you are concerned with.

Scar management: Normally two weeks after removing your sutures, you will be instructed whether or how to minimize further scarring by massaging the area and applying Silicone products such as scarguard, NewGel, Silagen, Biocorneum and or silicone sheets.

Obviously, patient care is very individualized, and you will be instructed by Dr. Abolmaali before the surgery and/or during postoperative follow-ups of more individualized instructions.

If you have any questions/ concerns, please contact Dr. Abolmaali on his cell phone +1 (502) 265-6225; Alternatively, you may text this number.