

A/Prof Christopher Coombs

PLASTIC, HAND & COSMETIC SURGERY

Post Operative Advice Facelift

When you return from theatre you may have a full head bandage with a drain tube attached to a small bottle coming from your face. These will be removed the following day, when you may shower carefully. You will be in hospital 1-2 nights.

Dependent on your surgery, you will have sutures down around the front of your ears, these will usually be removed one week after the surgery. You may have small suture lines in your scalp which will be removed in 10-14 days. There will also be dissolving sutures behind your ears and under your chin, which will dissolve in 2-3 weeks.

Any dressings you have on your face will be changed in hospital if needed. You may experience bruising, which usually takes 2-3 weeks to resolve. Swelling may occur This varies between individuals and should be resolved within three months.

Any redness, undue heat, discharge or unrelieved pain should be reported immediately to the A/Prof Coombs' office.

- You may wash your hair gently but avoid long, hot showers.
- Avoid bending over, sneezing and any strenuous activities until otherwise instructed.
- Keep your head elevated on two pillows when lying down, this helps minimize swelling.
- Avoid exposure to sunlight, wear sunblock, a hat and sunglasses.
- Take care of your ears when pulling garments over your head as the sutures are very fine in this area.
- If your eyes become irritated, gently cleanse with cottonwool and salt water.
- If you experience pain take Panadol or Panadeine or prescribed medication. If this does not prove effective please call the hospital, your anaesthetist or A/Prof Coombs' office.
- Ensure you get adequate rest, preferably enlisting assistance at home and making family and friends aware of your rest requirements.
- Your follow up visits will be at 1 week, 6 weeks, 3 months and yearly.

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