

WHAT IS A FACE LIFT?

Face lifts counteract these signs of aging by tightening muscle, removing fat, and trimming excess skin, giving your face a fresher, youthful look. This is all done through a very fine incision that starts beside the hairline of the temple, along the edge of the ear in front, and then around to the back of the ear into the hairline. Sometimes a second incision under the chin is needed as well.

A face lift can help rejuvenate your appearance if you have:

- Deep creases between the nose and mouth
- Sagging skin and fat under the chin and along your jawline.
- Loss of fullness in cheeks

Depending on your needs and goals we often perform eyelid, brow and facial implants in the same surgery. The result is a more refreshed and natural appearance.

PRE-SURGERY CHECKLIST

1. Get prescriptions filled before surgery and Tylenol
2. Antibiotic ointment (Polysporin) or Vaseline
3. Q-tips
4. Paper tape
5. Frozen facecloths – wet thin face cloths and place in freezer
6. Sunglasses
7. Book an appointment to see Dr MacDonald after your surgery

AFTER SURGERY

1. Place frozen face cloths gently over face every 3-4 hours until thawed. Do this for the first 48 hours after surgery.
2. Don't do any activity that increases your heart rate for 6 weeks after surgery. Slow walking right away is recommended.
3. Shower 2 days after surgery and remove bandages in the shower.
4. Apply antibiotic ointment or Vaseline daily using a Q-tip. Continue for 2 weeks.
5. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scars.
6. Avoid Vitamin E creams or ointments.
7. Time off work 2-4 weeks.
8. Burning or itchiness around surgical site is normal. Bruising and swelling are normal and may spread down neck and chest. Numbness in hair behind incision.
9. You can drive when you are no longer taking any pain medication and feel comfortable to do so.
10. No smoking.