



BOULDER VALLEY
Laser & Cosmetic

After your Face/Neck Lift Procedure

The first two weeks after your procedure are critical for healing. Giving your body the appropriate time to recuperate and supporting your healing process will help you achieve better results and a faster recovery.

1. Avoid all forms of exercise and exertion for 14 days after your procedure. This includes: no hiking, biking, yoga, Pilates, swimming, spin classes, elliptical machines, weights, or any other form of exercise.
2. You are absolutely encouraged to walk around (inside or outside with a hat and sunglasses for sun protection) when you feel up to it. Being upright and moving around (in a non-exertional way) helps the body heal. You can go to the grocery store, just don't pick up the grocery bags.
3. Avoid bending and lifting around the house or with pets. Keeping your head above your heart and avoiding exertion are important to controlling your blood pressure which in turn helps keep swelling down and supports healing.
4. Keep your head elevated at 30 or 45 degrees in bed while you sleep. This is a recliner position; you do not need to be upright at 90 degrees.
5. Ice as much as you can. You cannot over-ice. Icing after your procedure promotes faster healing, improves any pain or discomfort and helps resolve your swelling.
6. Rest and relax to give your body the time it needs to recover. Don't overdo it.
7. Eat a healthy diet of vegetables, especially dark leafy greens and broccoli, protein, and whole grains after your procedure. Minimizing the inflammation in your body from sugar, fast food and fried food will help your body heal more effectively and efficiently after your procedure.
8. You can use over the counter anti-inflammatory medications including Tylenol, Advil, Motrin, or Aleve for pain after your procedure.
9. Continue all prescribed medications (antibiotics) as directed. Continue Arnica, and Bromelain (pineapple extract) after your procedure for 5 days as well.
10. You may resume all vitamins and dietary supplements 3 days after your procedure.
11. Avoid sun exposure on all incisions for at least 4-6 months after your procedure. Sun exposure can cause hypertrophic scars and prolonged discoloration. You may start to use sunscreen 2-3 weeks after your operation. Before this time, use band-aids, gauze pads or silicone tape to cover the incisions. Sunglasses (UVA/UVB blocking) should be used throughout this period after eyelid surgery.
12. After your facelift, you will be sent home wearing a bandage dressing. Keep this on overnight and we will see you the next day to remove and replace this dressing. On the second day after your procedure, you may remove the dressing at home. After removing the dressing, we do encourage you to wear the dressing as much as possible for the next 1 week during the daytime with ice packs placed inside the dressing. You may take breaks from the dressing during the day at your discretion. You are required to wear the dressing at night when you sleep (without ice packs) for 2 weeks after your procedure.
13. Please understand that your healing process will take longer than 2 weeks! Our goal for you is long term success. You will see a significant reduction in swelling and near complete resolution of bruising in your first 2-3 weeks

after your procedure. Residual swelling will then take 3-6 months to fully resolve in a gradual fashion. Be patient with this process. We will follow up with you during this timeframe to ensure that the process is going well, and to advise on ways to intervene to improve the healing process.

Call our office with any questions! We are here to help and support you.