

Abbreviated Post-op Instructions Facelift/Brow/Bleph

Food Ideas:

- High protein, low sodium.
- Protein shakes (Fairlife Chocolate from Costco are great)
- Oikos triple zero protein yogurt
- Bone broth or broth-based soups

Activity:

- You may slowly ease into activity at 4-6 weeks.
- Do not begin with high impact activity. Ease in and see how your face does.
- About two months you may resume higher impact activities. See how your body responds and how swelling does.
- No hair dye for two months.

Day of Surgery	<ol style="list-style-type: none"> <li>1. Take Journavax 2 tablets on an empty stomach after surgery.</li> <li>2. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>3. Take Zofran and Stool softeners with pain medication.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> </ol>
Day 2	<ol style="list-style-type: none"> <li>1. Start the Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> <li>7. Clean incisions with peroxide if there is dried blood. Slather with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift). Keep incisions moist at all times. Reapply 2-4x a day.</li> <li>8. Do not shower for 48 hours.</li> </ol>
Day 3	<ol style="list-style-type: none"> <li>1. Take Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> <li>7. Clean incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids</li> </ol>

	<p>(bleph) and on the scalp (browlift). Keep incisions moist at all times. Reapply 2-4x a day.</p> <p>8. You can shower salon style and tilt your head back to shower after 48 hours.</p>
Day 4	<ol style="list-style-type: none"> <li>1. Take Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> <li>7. Clean Incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift).. Keep incisions moist at all times. Reapply 2-4x a day.</li> </ol>
Day 5	<ol style="list-style-type: none"> <li>1. Take Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> <li>7. Clean Incisions with peroxide if there is dried blood. Slather with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift).. Keep incisions moist at all times. Reapply 2-4x a day.</li> </ol>
Day 6	<ol style="list-style-type: none"> <li>1. Take Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> <li>7. Clean Incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift).. Keep incisions moist at all times. Reapply 2-4x a day.</li> </ol>
Day 7	<ol style="list-style-type: none"> <li>1. Take Medrol Steroid Dose Pack</li> <li>2. Take Keflex Morning, Noon, and Night with food.</li> <li>3. Take Journavax every 12 hours.</li> <li>4. Take Arnika Forte as directed. Use roller on your bruising but not in incisions.</li> <li>5. Take pain medications (Norco or Percocet) as needed for pain.</li> <li>6. Take Zofran and Stool softeners with pain medication</li> </ol>

	<p>7. Clean Incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift).. Keep incisions moist at all times. Reapply 2-4x a day.</p>
Week 1 post op	<p>1. Clean incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift). Keep incisions moist at all times. Reapply 2-4x a day.</p> <p>2. Keep using your Arnika roller if you have bruising.</p> <p>3. You may resume your supplements. *For facelift, stiches in front of ears and base of chin come out.</p>
Week 2 post op	<p>1. Clean Incisions with peroxide if there is dried blood. Slather incisions with Aquaphor in front of and behind the ears (facelift), on the eyelids (bleph) and on the scalp (browlift).. Keep incisions moist at all times. Reapply 2-4x a day.</p> <p>2. For facelift, keep tape on the chin for 1 month.</p> <p>3. Keep using your Arnika roller if you have bruising. *For facelift, stitches behind ears come out.</p>
Week 3+ post op	<p>1. Apply Skinuva twice a day to all incisions for 3 months.</p> <p>2. For facelift, keep tape on chin for one month.</p>