

# Derek T Ford, MD, FRCSC

## Plastic Surgeon

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### Face Lift After Care Instructions

- Arrange care at home for the first 72 hours following discharge after surgery.
- Elevate your head and shoulders at 45 degrees when in bed. Also move your ankles and knees while in bed to reduce your risk of post-operative blood clots from developing in the deep veins in your legs.
- Please take the prescribed pain medication every 4-6 hours as needed and any antibiotics as prescribed. If you do not have pain please do not take the pain medication. Please do not drink alcohol while you are taking pain medication.
- Apply the prescribed antibiotic ointment to your incisions twice daily
- Take all medication as directed.
- Apply a refrigerated moist washcloth to your face to reduce swelling for the first 72 hours following surgery, direct ice to skin is discouraged as this may injure your skin.
- Please shower with soap and water, and wash hair with shampoo daily while at home.
- It is best to start with a light diet following surgery. Begin with soups and progress to a soft diet high in protein.
- Wear loose fitting clothing that does not pull over your head. No turtlenecks or tight scarves as this may compromise the blood supply to your surgical sites.
- The first follow up visit is usually arranged at one week following surgery
- The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure for at least 6 months. Wear a wide brim hat and sunscreen (SPF 30 or greater with UVA and UVB protection.
- Normal activity can be gradually resumed after 2 weeks. Exercise and strenuous activity (running and gym exercise) should be avoided until 4 to 6 weeks following surgery.
- Cosmetics may be applied once the sutures have been removed, typically 10 days following surgery. This may include a foundation or cover up make up to camouflage any bruising which may persist for 2 to 3 weeks post surgery.
- Your face and neck will temporarily feel tight but not necessarily look tight. There will be a feeling of numbness in your face and neck for a few weeks to months after surgery. This is normal, the tight feeling and numbness will disappear over time.
- It is important to follow up with Dr. Ford following your surgery. He will see you in follow-up at 1 week, 3 to 6 weeks, 3 to 6 months and 1 year post surgery. Please call 888-925-7337 (Monday to Friday between 9 am and 4:30 pm) to schedule your appointments at either our Toronto or Oshawa locations.

### Things to Avoid

- Avoid straining for first 10 days following surgery as this may lead to post operative bleeding.
- Avoid flexing your neck for the first two weeks
- Avoid turning your head to either side as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
- Facial movements such as smiling and yawning should be kept to a minimum during the first week following surgery.

- Avoid spending your time following surgery in bed – increased risk of deep venous blood clots following surgery.
- Avoid using a curling iron for your hair as the skin on your face as this may result in a burn.
- Avoid colouring your hair for at least 3 weeks after surgery when healing is completed and no crust remains.
- Avoid smoking. This may result in poor healing.
- Your hair may be dried with a blow dryer on a cool, not a hot, setting.
- Do not use hairspray, conditioner, gels, etc. while the stitches and clips are in place. You may start washing your face gently and use a moisturizer on your face, being careful to keep it away from the stitch lines.
- Travel for at least 2 weeks.

### Scar Care

- Apply a silicone cream (Dermatix) to your incisions twice daily, morning and night starting at 6 weeks post surgery and for a period of 3 to 6 month.
- Massage your scars before the application of Dermatix twice daily.
- Apply SPF 30 or greater sunblock to scars when outdoors and wear a hat or your hair down to minimize the risk of scar hyperpigmentation.
- Use ZO Skin Health care products to further reduce hyperpigmentation and improve skin quality following surgery.
- Dermatix and ZO Skin Health care products may be purchased from Dr. Ford's office.

### Emergencies

- Swelling of the face and eyes is expected following surgery. This swelling will begin to diminish on day 4 post surgery. If you develop an acute onset of swelling on one side of your face or neck which is significantly more pronounced than the other side, or if you are having pain that is not relieved by medication.
- If you develop a fever (temperature greater than 38.5°C), redness or increased pain at the site of your surgical incisions.
- Swelling and pain in your calves, acute chest pain or shortness of breath.
- If you develop nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medication.
- If you have nausea and vomiting that prevents you from drinking or eating.

## Contact Information in Case of Emergency

**During Office Hours – Monday to Friday 0830 to 1630**  
**416-925-7337 or 905-743-9888 or 888-925-7337**

**Outside of Office Hours – Dr. Ford's Mobile Phone**  
**416-317-2300**

**Proceed to nearest ER or call 911**