Elmé Aesthetics and Reconstructive Techniques

Facelift, Necklift & Fat Transfer Discharge Instructions

Thank you for trusting us with your care. We know that choosing to have surgery is a big decision, and we're honored to be part of your journey. Our team is here for you-not just today, but throughout your healing. If you ever have questions or feel unsure about anything, please reach out. Your comfort and peace of mind matter to us.

How to Reach Us

Office Mon–Fri 8am–4pm: (716) 320-3563
After Hours & Weekends: (716) 214-3644

Please Call Us If

We want you to feel safe and supported. Please call us right away if you notice:

- Pain that isn't getting better with your medication
- A fever over 101°F, especially if you also have increasing pain, redness, swelling, or drainage from your wound
- Rapid swelling or blood dripping from your incision

Taking Care of Your Dressings

- Please keep your facial and neck dressings dry and leave them in place until we see you for your follow-up. These dressings are there to protect you and help your healing.
- If you had fat transfer, you can remove the dressing from the donor site the next day. Some drainage from this area is normal for the first 24 hours-don't be alarmed.

Medications & Comfort

- Keep taking your usual medications unless we told you otherwise.
- Use the ointment we prescribed for your stitches as directed-just a thin layer is enough.
- For pain, Tylenol or Extra-Strength Tylenol usually helps with mild discomfort. If you need something stronger, use your prescription pain medication and always take it with food.
- If you have medicine for nausea or swelling, take it as prescribed.
- If you're ever unsure about your medications, please ask-we're happy to help.

Rest & Activity

- Give yourself permission to rest. Try to take it easy at home for the first two days, and keep your head elevated on 2–3 pillows when you sleep. This helps with swelling and healing.
- Have someone you trust stay with you for the first 24 hours.
- If you need to bend, bend at your knees, not your waist.
- Avoid lifting anything heavier than a gallon of milk for the first week.
- Hold off on exercise or anything strenuous for at least 2–3 weeks, or until Dr. Gonzalez gives you the okay.
- If you have a cervical foam collar, wear it as directed, and only take it off for showering.
- Move your head gently-avoid quick or exaggerated movements for two weeks. When you're ready to drive, stick to familiar routes, and never drive if you're taking prescription pain medication.
- Button-down shirts are your friend for the first couple of weeks-they're easier on your healing incisions than pullovers.
- Please don't submerge your head in a pool or hot tub for one month after surgery.
- If you smoke, try to avoid it for 2–4 months-your healing will thank you.

Hygiene & Self-Care

- After your dressings are removed, you can shower and gently shampoo your hair. If you use a hair dryer, keep it on a warm (not hot) setting and be gentle-numbness around your ears and neck is normal and can last a few weeks.
- OK to shower and get the area wet, but avoid scrubbing.

Eating & Drinking

- You can eat your regular foods, but softer foods and small bites may be easier at first.
- Drink plenty of fluids to help your body heal.
- Please avoid alcohol for a week after surgery, and while you're taking prescription pain medicine.

Healing Takes Time

Swelling, bruising, and numbness are all normal parts of the healing process. These will get better with time-be patient and gentle with yourself. Every recovery is unique, and it's okay to have questions or need reassurance along the way.

If you have any questions or concerns, please reach out to our team.

Thank you for letting us be part of your healing journey.