Facelift & Neck Lift *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Head elevated, a wrap or dressing, swelling and tightness. Keep your head still and straight.

Week 1
Bruising peaks and starts to fade. Sutures may come out. Gentle hair washing if allowed.

Weeks 2–3
Most visible bruising settles. Many feel ready for small social outings.

Weeks 4–6
Swelling continues to improve. Numbness and tightness slowly ease.

Months 3–12
Final result refines. Incisions fade with sun protection.

Four weeks before

- [ ] Step counter
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Handheld shower head ★
- [ ] Cool-mist humidifier

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews
- [ ] Travel neck pillow
- [ ] Oversized sunglasses

Week one at home

- [ ] Chin strap ASK SURGEON
- [ ] Cooling gel eye mask ASK SURGEON
- [ ] Non-stick gauze pads ★
- [ ] Satin scrunchies
- [ ] Dry shampoo ASK SURGEON
- [ ] Applesauce pouches
- [ ] Reusable bendy straws ASK SURGEON
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★

Weeks two to six

- [ ] Silk pillowcase
- [ ] Micellar water
- [ ] Fragrance-free moisturizer
- [ ] Silk scarf
- [ ] Wide-brim sun hat

Scar season

- [ ] Silicone scar gel ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★
- [ ] Color-correcting concealer ASK SURGEON

Talking with *your surgeon*

Questions many facelift & neck lift patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

How long should I sleep with my head elevated?

Will I wear a wrap or chin strap, and for how long?

When can I wash and color my hair, and use a blow dryer?

When can I wear makeup and restart my skincare routine?

Which medications and supplements should I stop, and when?

When can I drive and turn my head comfortably?

When to call your surgeon

- Sudden swelling on one side of your face or neck, or swelling with tightness that makes swallowing or breathing harder
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS