

**Beeson Cosmetic Surgery**  
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**MID-FACE-LIFT POST-OPERATIVE INSTRUCTIONS**

1. Keep the head of the bed elevated approximately 30 degrees.
2. Sleep on your back and keep head straight while lying in bed.
3. Do not roll on your side.
4. Go over all your incision lines 4 - 6 times per day with peroxide.
5. On your first day post-operatively, stand in the shower for approximately 15 minutes and let the warm water run through your hair. If you had lid surgery done, do not be afraid to wet them while showering. Do, however, refrain from letting the force of the shower beat directly on the suture lines. You may repeat the showers 2-3 times daily.
6. On the second day after surgery, you should use baby shampoo when you wash your hair. Continue this daily until all staples are removed.
7. Do Not Eat and foods with particles in them for 5 days.
8. Call if there are any questions that you may need answered.