



Gould Plastic Surgery

Your Facelift Recovery Guide

WITH DR. GOULD

A Step-by-Step Journey from Surgery to Full Healing

Overview

This guide outlines what to expect before, during, and after your facelift—designed to help you feel confident and supported every step of the way. We'll cover:

- Downtime & Healing Timeline
- Medications & Supplements
- Safety Measures
- What to Expect Physically & Emotionally
- Activity & Lifestyle Guidelines
- Adjunct Therapies
- Long-Term Follow-up Plan

Safety

Wondering why you should pick Dr. Gould?

- Board-certified MD anesthesiologist.
- Quad-A certified surgery center.
- Backup operating rooms and redundant equipment for safety.
- Staff trained for aesthetic surgery recovery.
- Dr. Gould prioritizes safety > aesthetics > comfort—but all three matter deeply.

Downtime & Healing Timeline

Day of Surgery (Post-Op Day 0)

- Surgery performed at an accredited surgical center.
- You'll wake up groggy—don't expect to remember much.
- You'll be transferred by a nurse to Mosaic aftercare (e.g., Immortal at the Four Seasons) for overnight monitoring.
- Dr. Gould visits you that evening for your first post-op check.

Day 1

- Wrap comes off.
- First red light therapy session and hyperbaric oxygen treatment to enhance healing and reduce swelling.
- Your caregiver picks you up after treatment to transition to your Airbnb or home.

Days 3–5

- Walking around the house, preparing meals, and mild activity are safe. Continue red light therapy daily.
- Eyes may feel dry—use lubricating drops and prescribed ointments.

Day 7

- Back in-office for suture removal and check-in.
- This is often the lowest emotional point—withdrawal from anesthesia, pain meds, and hormonal stress can cause anxiety. This is normal and temporary.

Day 10

- You begin feeling more like yourself.
- Most inflammation subsides, and emotional state improves.

Week 2

- You can go out in public (groceries, errands). Bruising/swelling are present but generally not alarming to others.
- Okay to wear sunglasses, hats, or hoodies for concealment.
- Cleared for elliptical, StairMaster, and upright bike at low intensity.

Week 3

- Major swelling has subsided.
- Sensation returns.
- You begin to like the way you look—jawline visibility improves.

Week 4

- Bruising is essentially gone.
- Residual swelling only noticeable to you.
- Return to social events, dinners, light gym activity.

Week 6

- Cleared for full gym workouts, pool, ocean, and sauna.
- Start using topical scar treatments.
- Optional CO2 laser or microneedling can begin, depending on your timeline.

Month 3

- Ready for high-definition photos.
- Most patients feel thrilled with results and send referrals.
- We may perform fine-tuning treatments like CO2 laser or additional fat injection.

6 Months – 1 Year

- Continued internal healing.
- Virtual and in-person follow-ups.
- Optional laser treatments for scars.

2 Years

- Final healing complete—tissues are soft, smooth, and scars have matured.
- Your facelift will look its best with no remaining surgical signs.

Medications & Supplements

Before surgery, you can take the following medications as prescribed:

- Ativan: Take the night before to sleep soundly.
- Emend: Bring this anti-nausea pill with you the morning of surgery.

Provided @ Mosaic (After Procedure)

Oral & injectable meds for:

- Pain
- Nausea
- Constipation
- Neuropathic pain (nerve calmers)
- Antibiotics
- Headaches (due to caffeine withdrawal or nerve manipulation)

Approved Supplements

- Heelfast: Take before and after surgery (carried in-office & online).
- Nutrafol: Helps prevent post-op hair shedding due to anesthesia.
- Stop all other non-essential supplements **2 weeks prior** unless approved by Dr. Gould.
- Resume collagen, protein, and creatine post-op to aid healing.

What to Expect Physically & Emotionally

- Swelling & Bruising: Peak in first 7–10 days; substantially resolves by week 3–4.
- Fatigue: Normal for first week; related to meds and healing.
- Emotional Low Point: Common around day 7 due to hormonal + neurological changes.
- Skin Tightness or Numbness: Expected; improves over months.
- Final Results: Visible by 3 months, optimal at 1–2 years.

Activity Guidelines

Time Point	Activity
Day 1	Red light therapy, hyperbaric oxygen
Days 3–5	Walking, light home activity
Day 7	Office visit for suture removal
Week 2	Light cardio (bike, stairmaster), errands
Week 4	Socializing, errands, gym (light weights)
Week 6	Full gym, sauna, swimming, skin treatments
Month 3	Resume all physical activities, high-def photography

Adjunct Therapies

Treatment	Duration
Red Light Therapy	Daily for first week, then as needed.
Hyperbaric Oxygen	Strongly encouraged within first 24 hours.
Topicals	Compounded retinoids & scar creams starting around 6 weeks.
CO2 Laser	Optional starting 6 weeks post-op.
Microneedling	Optional starting 6 weeks post-op.
IPL	Begin at 6 weeks if desired.

Long-Term Follow-Up Plan

Time Point	Visit Type
Day 1	In-person visit
Day 7	Suture removal & check-in
Week 2	Final Beverly Hills visit before travel
Week 6	In-person Laser/Microneedling & photos
Month 6	Virtual check-in
9–12 Months	(Optional) In-person or Virtual + Laser Treatment
Year 2	Final check-in (photo comparison)

Final Notes

- Sleep on your back with a wedge pillow for 4 weeks.
- Avoid ear-looped masks or pressure on incisions.
- Use prescribed skincare only (retinoids, antioxidants, and scar gel).
- Prepare protein-rich foods or stock Uber Eats credits.
- Hair patients should continue Rogaine and Nutrafol.