

Patient Name: _____ Date: _____

POST OPERATIVE INSTRUCTIONS AFTER FACE/NECK LIFT (Rhytidectomy)

Next Appointment

Date: _____

Time: _____

1. Dressing Care

- Leave dressings in place until instructed.
- Please record drainage from drains and bring drain sheet to post-op appointment.
- Sleep on back keeping head elevated at least 45 degrees for at least 3 nights.
- Do not apply makeup or concealer until directed by doctor.

2. Activity Restrictions

- Avoid strenuous activity (lifting or any activity that raises blood pressure for two weeks).
- Avoid alcohol and smoking.
- 24 hours after drains are removed you can shower. Remove all bandages and shampoo and condition hair, after shower apply ointment to all incisions then gauze and ace wrap. Do not comb or brush hair near incisions.

3. Diet

- Soft diet for the first few days.

4. Medications

- Take prescribed pain medication as needed.
- DO NOT TAKE ANYTHING with aspirin or aspirin like drugs for 14 days after surgery.
- Use Tylenol for mild discomfort, for more severe pain use prescribed medication.
- Take antibiotics as directed. (Remember antibiotics may make birth control pills ineffective.)

5. What to Expect

- You may experience bruising, swelling, and paleness.
- Skin numbness is normal and may persist for several months.
- Facial movements may be stiff making chewing difficult the first week.

If you have: **nausea, vomiting, dizziness, significant bleeding or pain and swelling** which increase rather than decrease, **call Dr. Olding at 202-741-3241** or the plastic surgery fellow on call at 202-715-4141.