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**Postoperative Rhytidectomy Instructions**

DIET: As tolerated, you may find soft foods easier the first few days.

PHYSICAL ACTIVITY: Rest first few days. No heavy lifting, exercise or bending for the first week after surgery. Doctor will advise as to when you can resume normal activity.

WORK OR SCHOOL: At least one week out of work or as directed by doctor.

CARE: Apply ice around face for 48-72 hours after surgery, (20 minutes on and 20 minutes off). Keep head elevated for 2 weeks after surgery to minimize swelling.

 Keep dressing dry and intact until appointment 1day after surgery, if drain placed, it will be removed at that time.

 At your first post operative appt. the larger dressing will be removed and lighter one applied. The lighter dressing and ace bandage will be maintained until your next appointment, this should be changed on daily basis. It is normal to have a small amount of discharge on your dressing. You may reinforce the dressing with gauze and tape if necessary.

 Once drains removed you should clean your incision line with half strength Hydrogen Peroxide and apply Aquaphor to your incision lines as long as crusting is visible.

 Do not pull ear forward when cleaning behind the ear.

 You may shower the day after your drain is removed. Let warm water run through your hair and use gentle shampoo, such as Johnson Baby Shampoo.

 Lightly cleanse the scalp. YOU CAN BLOW DRY HAIR ON LOW SETTING.

 Reapply dressing after washing hair.

 Do not apply makeup for the first week, then you may use water base makeup.

 Do not place makeup directly on incision lines.

 Men should not shave for the first week after surgery. After 2nd week you may use electric razor but avoid incision lines.

MEDICATION: You will be given a prescription for pain medication and antibiotic on your preoperative appointment, to be taken after surgery. Please do not use aspirin, ibuprofen, Motrin or Advil for pain, this may increase bleeding at the incision. Take your medication with food to decrease stomach upset. **Do not drive if you are**

**taking the prescription pain medication, because it may impair your driving ability.**

FOLLOWUP CARE: You will be given a postoperative appointment for one day and one week after surgery. On the one week postoperative appointment your sutures and staples will be removed.

ADDDITIONAL

INSTRUCTIONS: Avoid sun exposure until 3 weeks postop and at that time use #15 sunscreen.

 After 3rd week postop you may color your hair with a vegetable base rinse.

REPORT TO OUR

OFFICE: Temperature elevation above 102 degrees.

Increase swelling face or discoloration of skin.

Excessive bleeding.

Severe pain

Uncontrollable vomiting.

REMEMBER: You may notice some swelling of your face post operatively, although you may also experience very little swelling and almost no bruising during this period of time.

 You may also notice some lumpiness, tightness and numbness around the incision area, but as the healing process begins these symptoms should subside, so please be patient.

 We greatly appreciate the confidence you have shown in our practice by allowing us to assist you in improving your appearance and health. You can be assured of our best efforts to achieve the most satisfactory surgical result possible for your individual anatomy and condition.