



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING FACE LIFT SURGERY (RHYTIDECTOMY/RHYTIDOPLASTY)

WE GREATLY APPRECIATE THE CONFIDENCE YOU HAVE SHOWN IN US BY ALLOWING US TO ASSIST YOU IN IMPROVING YOUR APPEARANCE AND HEALTH. YOU MAY BE ASSURED OF OUR STRONG COMMITMENT TO HELPING YOU ACHIEVE THE BEST SURGICAL RESULT POSSIBLE.

WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

INSTRUCTIONS

1. TAKE THE MEDICINES DR. DÍAZ HAS PRESCRIBED; THESE ARE TO PREVENT INFECTION, HELP ALLEVIATE PAIN AND DIMINISH SWELLING. THE DOCTOR MAY ALSO PRESCRIBE MEDICINE FOR NAUSEA AND VOMITING SINCE VOMITING AFTER SURGERY MAY PROVOKE BLEEDING AND PROLONG THE HEALING PERIOD. PLEASE CALL OUR OFFICE **AS SOON AS POSSIBLE** IF YOU HAVE MULTIPLE EPISODES OF NAUSEA, HEAVING AND/OR VOMITING.
2. YOU MAY DEVELOP A MILD FEVER THE NIGHT OF SURGERY OR THE FOLLOWING DAY. TAKE ONLY TYLENOL® IF YOU NEED TO, AND AVOID ANTI-FLAMMING AGENTS THAT CONTAIN ASPIRIN OR HAS ANTI-INFLAMMATORY ACTIVITY PROPERTIES LIKE ALEVE® OR MOTRIN®; THESE MAY CAUSE MORE BLEEDING.
3. SLEEP WITH THE HEAD ELEVATED FOR THE FIRST 24 HOURS WITH SEVERAL PILLOWS UP ON A CHAIR.
4. NORMALLY, FACE LIFT AND BROW LIFT PROCEDURES **DO NOT** CAUSE SEVERE PAIN. IF YOU DEVELOP OR HAVE CONSTANT MAJOR PAIN, ESPECIALLY ON ONE SIDE OF YOUR FACE ONLY WHICH DOES NOT SEEM TO GO AWAY OR IT INTENSIFIES OVER TIME, AND/OR SIGNIFICANT SWELLING WITH BRUISING OR BLACK AND BLUE, **PLEASE** CALL OUR OFFICE IMMEDIATELY EVEN IF IT IS AFTER HOURS. THIS SITUATION MERITS IMMEDIATE ATTENTION BY THE DOCTOR.
5. LEAVE ON THE FACIAL DRESSING THE DOCTOR PLACED AROUND YOUR FACE AND HEAD UNTIL THE DOCTOR SEES YOU AGAIN. THIS FACIAL DRESSING WILL FEEL TIGHT, AND IT IS MEANT TO BE VERY TIGHT. GENERALLY, THIS APPOINTMENT WILL BE THE FOLLOWING DAY. THE DOCTOR WILL CHANGE YOUR FACIAL/NECK DRESSING AT THE FIRST FOLLOW-UP APPOINTMENT TO ONE WHICH IS SIGNIFICANTLY MORE COMFORTABLE.
6. THE STITCHES (SUTURES) AND/OR STAPLES MAY CAUSE SOME DISCOMFORT OR PAIN. THE SUTURES WILL BE REMOVED AROUND DAY 6 OR 7 AFTER SURGERY AND THE STAPLES 10-12 DAYS AFTER THE OPERATION. THE DOCTOR WILL INFORM YOU EXACTLY WHEN THESE WILL BE REMOVED. YOU MAY ALSO HAVE A SMALL DRAIN PLACED BEHIND THE EAR OR IN THE NECK WHICH WILL BE REMOVED ON DAY 2 OR 3 AFTER SURGERY.
7. YOU MAY SHOWER THE EVENING OF THE FOLLOWING DAY AFTER SURGERY AND SHAMPOO YOUR HAIR. PLEASE **DO NOT RUB** THE WOUNDS, PLACE MAKE-UP OR PULL ON THE STITCHES OR STAPLES.

8. THE WOUNDS MAY OOZE FOR THE FIRST 24 - 48 HOURS AFTER SURGERY. THE OOZING FLUID WILL HAVE A BLOOD TINGE TO IT; THIS IS NORMAL. YOU MAY ALSO HAVE SOME DRY BLOOD, ESPECIALLY IN THE EARS.
9. CLEAN THE WOUNDS TWICE DAILY WITH A SOLUTION OF 1:1 RATIO OF WATER TO HYDROGEN PEROXIDE GENTLY WITH COTTON APPLICATORS (Q-TIPS®) TO REMOVE DRY BLOOD FOR THE FIRST FOUR (4) DAYS MAKING SURE NOT TO DISRUPT THE WOUND. APPLY THE OINTMENT PRESCRIBED SPARINGLY TWICE DAILY TO THE INCISION LINES IN ORDER TO AVOID EXCESSIVE CRUSTING OF THE INCISIONS AND TO ACCELERATE THE REDUCTION OF INCISION REDNESS. DO NOT APPLY ANY OTHER OINTMENT OR MEDICATIONS UNLESS WE PRESCRIBE IT. PLACE GAUZE OVER THE WOUNDS TO COVER THEM FOR THE FIRST TWO (2) DAYS.
10. **ABSOLUTELY NO SMOKING.** AVOID EXTREME PHYSICAL ACTIVITY, STRAINING, EXERCISES, OR EXERTION FOR AT LEAST TWO (2) WEEKS. REST MORE THAN YOU USUALLY DO. AVOID EXCESS OF PROLONGED TELEPHONE CONVERSATIONS AND SOCIAL ACTIVITIES FOR AT LEAST 10 -14 DAYS. THE DOCTOR WILL INFORM YOU WHEN YOU CAN START EXERCISING OR PERFORM HEAVY ACTIVITY.
11. EXPECT YOUR FACE TO FEEL MORE TIGHT THAN IT DID BEFORE SURGERY. YOU WILL FEEL SOME NUMBNESS ON THE SKIN OVER SEVERAL AREAS OF YOUR FACE. YOUR CHIN MAY ALSO FEEL AND LOOK MORE PROMINENT AS WELL.
12. WHEN YOU MOVE, STAND OR CHANGE POSITIONS, DO SO DELIBERATELY AND CAREFULLY FOR THE FIRST SEVEN (7) DAYS. IN TURNING YOUR HEAD, MOVE THE HEAD AND SHOULDERS DELIBERATELY AS A SINGLE UNIT AND AVOID EXCESSIVE TURNING OF THE HEAD TO PREVENT THE PLACEMENT OF TENSION ON THE SKIN BEHIND THE EARS.
13. REFRAIN FROM USE OF ASPIRIN AND ASPIRIN-CONTAINING PRODUCTS, FISH OIL, OMEGA 3-6-9 FATTY ACIDS, VITAMIN E, GARLIC OR GINKGO BILOBA FOR TWO (2) WEEKS. A LIST OF PRODUCTS MEDICATIONS AND DRUGS SHOULD HAVE BEEN GIVEN TO YOU WHICH YOU WILL NEED TO AVOID DURING THIS PERIOD OF TIME. ASK FOR THE LIST IF YOU DID NOT RECEIVE IT AT YOUR PRESURGICAL VISIT.
14. YOU MAY EAT A NORMAL DIET THE DAY FOLLOWING THE SURGERY. IN MODERATION, TALKING AND SMILING ARE PERFECTLY ACCEPTABLE. DO NOT WEAR HEAVY OR TIGHT EARRINGS FOR SIX (6) WEEKS AND AVOID PROLONGED EXPOSURE TO EXTREMELY COLD TEMPERATURES.
15. EXCESSIVE EXPOSURE TO SUN (INCLUDING SUN-TANNING PARLORS) IN THE FIRST THREE (3) WEEKS AFTER SURGERY MAY RESULT IN PROLONGED FACIAL SWELLING AND INJURY TO THE SKIN. THEREFORE, YOU SHOULD ALWAYS PROTECT YOUR SKIN WITH A STRONG SUN SCREEN, (E.G. SPF25)
16. THERE ARE NO SILLY QUESTIONS AND NO QUESTIONS THAT YOU MAY HAVE SHOULD GO UNANSWERED. **PLEASE ASK** IF YOU HAVE ANY QUESTIONS. DO NOT TAKE ANY CHANCES! IF YOU ARE CONCERNED ABOUT ANYTHING YOU CONSIDER SIGNIFICANT, CALL US.