



**1. SWELLING AND BRUISING:**

Expect some swelling and discoloration of your face and neck. Use ice the first 24 to 48 hours for swelling. **Wear your support strap full time for the first week, and at least half time for the second week. Ensure the skin under the dressing is flat, not folded or wrinkled; otherwise it will heal that way. If you experience severe swelling call me immediately.**

**2. ACTIVITY:**

Sit up or semi-recline. Elevate the head of the bed 30 degrees. **No strenuous activity, straining or bending over for 48 hours.** Sleep on your back with your head elevated for two weeks. Increase activity as tolerated with no heavy exercise for two weeks. Please do not drive a car during the first week. Do not smoke or drink alcohol for 6 months following surgery. **Do not attempt to furrow your brow.**

**3. FEVER:**

If a temperature above 100.5 occurs contact my office.

**4. PAIN:**

Some discomfort is normal following surgery. If pain medication is prescribed, take only as directed. **Do not drive while using narcotic pain medications.** Often it is beneficial to take the medication after eating to help prevent nausea.

**5. DIET:**

Eat something when you feel ready. Eat a soft diet requiring little or no chewing. You may want to begin with a liquid diet for the first 24 hours.

**6. WASHING:**

Do not get the surgical site wet for 48 hours after surgery. Expect some drainage on your dressing, especially behind the ears. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto incisions or drains.

**7. WOUND CARE:**

Face lift incisions may be cleaned with dilute peroxide (50/50 water and peroxide) after 48 hours, by blotting with a cotton tipped applicator. Do not pick or scratch wounds. Coat the sutures with a thin

covering of Polysporin ointment (Double or Triple antibiotic ointment, Neosporin, Bacitracin) twice daily. Don't use make-up on the incision until it is fully healed. To reduce the appearance of the scar topical silicone ointment can be applied after it is fully healed (about 2 weeks.) (One over the counter example; Cimeosol)

**8. CLEANLINESS AND HEALING:**

The incision will heal better if it is carefully kept clean during the healing period. If sutures are resorbable they dissolve in two weeks. Non-resorbable sutures and staples will be removed at 5-14 days, depending on the situation.

**9. INJECTION SITE:**

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement.

**10. NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication. Call Dr. Reynolds/Dr. Auble if you are vomiting.

**11. SCAR AND SUN:**

Stay out of the sun or wear a brimmed hat for 6 months. Scars become inflamed and get thickened from sun exposure. After the incision is healed you should use sunscreen with an SPF of 50 or greater. The scars will become less noticeable over a 6 month period until they are almost invisible.

**12. ANTIBIOTICS AND CONTRACEPTION:**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection.

**13. MEDICINES:**

Take prescriptions as directed. The antibiotics should be taken until they are completely finished.

**14. DRAINS:**

Keep drains cleaned and covered with a dressing. Do not water or wind get in the drain site.