



Patient Name \_\_\_\_\_

Date \_\_\_\_\_

## POST OPERATIVE INSTRUCTIONS AFTER FACE/NECK LIFT (Rhytidectomy)

Michael Olding, MD  
Chief, Division of Plastic Surgery

Next Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### 1. Dressing Care

- Leave dressings in place until instructed.
- Please record drainage from drains and bring record sheets to appointment.
- Keep head elevated at least 45 degrees.
- Sleep on **BACK** only, for the first 3 days.
- Do not apply makeup until directed.

### 2. Activity Restrictions

- Avoid strenuous activity, no lifting, no bending for 2 weeks.
- Avoid alcohol and smoking.
- Shower and wash hair 24 hours after drains are removed.

### 3. Diet

- No restrictions on eating.

### 4. Medications

- Take prescribed pain medication as needed.
- **DO NOT TAKE ANYTHING** with aspirin or aspirin like drugs for 10 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. It may persist for several months.
- Facial movements may be stiff.
- You may wear makeup to conceal any discoloration **ONLY** after Dr. Olding approves.

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.

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# MEDICAL FACULTY ASSOCIATES

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