

## RHYTIDECTOMY ~ POST SURGERY INSTRUCTIONS

- ~ See the supplements recommended for use in the Pre & Post-Operative period and the medications to avoid list.
- ~ You will need to schedule a pre-operative consultation with a skin care professional for instructions on pre & post surgical care of your skin.
- ~ No smoking, No Nicorette Gum or Patches, these delay wound healing.
- ~ Bring a scarf with you to surgery and wear comfortable clothing that is easy to put on and does not require to be pulled over your head.
- ~ You may dye or tint your hair ten days before surgery and three weeks after surgery, providing there are no residual scabs. Please remove any false eyelashes prior to surgery date and refrain from waxing or tweezing your eyebrows for four weeks following surgery.
- ~ Sleep on your back with your head elevated. Support yourself with pillows on either side of body; this will help keep you from turning. Elevating your head aids in keeping swelling down.
- ~ Soak gauze in bowl with ice and water (Use 4 x 4 gauze pads) wring out water from gauze and rotate gauze at surgical site. 15 minutes on, 15 minutes off during the first 24-48 hours. **NO ICE SHOULD BE APPLIED DIRECTLY TO SKIN.** Your ears will swell and ache during the first week, this is considered normal.
- ~ You may start washing your hair five days after surgery with baby shampoo, and continue daily. The shower spray should hit the top or back of your head not directly on your face. Use hairdryer on cool setting only. Do not use hot rollers, curling irons, or straighteners for three weeks. No commercial hair dryers until numbness has resolved. Keep head level. When bending, bend at the knees only, do not let head go below waist level. No bending, lifting, straining until follow-up appointment. Do not brush/comb your hair, run fingers through your hair to detangle only. Do not use hairpins. You will have sutures in your scalp and behind your ears. These areas should be gently cleaned with baby shampoo using fingertips only. Do not pull your ears away from your head. You will be able to gently brush/comb your hair two weeks after surgery.
- ~ Men may shave with an electric razor only, starting one week after surgery.

~ You may walk starting the day of surgery. Relax for the first two days. Do not over-do it, use common sense. Breathing exercises will help with circulation (oxygenated blood restores and helps to eliminate after effects of anesthesia and impurities) and tension. Breathe through your nose and fill your lungs, slowly release through your mouth. Repeat 10 times each hour or anytime you feel lightheaded or nauseated. If nausea persists, a prescription can be phoned into your pharmacy. Generally there should be no exercise for three to six weeks following surgery. No sex for two weeks and do not fly for two weeks. Drink fluids and eat small portions every few hours until your body and digestive system are back to normal. Pain medication may cause constipation. Use Colace, which can be purchased "over the counter" at your local pharmacy, take as directed. No alcohol for two-weeks following surgery.

~ Your face and neck may feel ridged or tight during this time. Slight irregularities under the skin may be present for two to three months. These are generally not visible to the naked eye. Obvious bruises and much of the swelling will generally subside in two to three weeks. Numbness in various areas of the face, neck, and ears is common and may persist for weeks, months and even up to a full year. Be careful removing clothing over the head, so not to tear earlobe sutures. You may not wear earrings (pierced or non-pierced) for three weeks following surgery. Do not tweeze, wax, or bleach any facial hair for four weeks after surgery.

~ Do not lie directly on your face for one month, otherwise swelling may persist longer. Avoid using the telephone for two weeks after surgery, as it can be a source of infection and causes you to animate your face too much. If you must use the phone, keep it at least one inch away from your ears or use speaker option on phone. Do not stretch your neck. It is important to allow the neck time to heal and stretching can cause scarring.

~ Avoid direct sun exposure on incisions, otherwise skin pigmentation changes may be permanent. You will be instructed by our skin care department on recommended products to use.

~ Expect to feel tired for 7-10 days after surgery. Get adequate rest. Drink plenty of fluids and use proper eating habits.

~ Sutures & Staples will be removed in stages:

Sutures in front of ears and under chin:	3-5 days
Staples and remaining sutures:	5-7 days

~ Do not drive an automobile for two weeks after surgery. You may only be a passenger.

~ If you plan to lose or gain weight, more than 5-10 pounds, your results may be adversely affected.

~ Call the office for a follow-up appointment as instructed by your discharge planner. Remember we are always available to answer any questions you may have (586) 779-3030 or After Hours (313) 396-0787