

Facelift *(Rhytidectomy)*

Discharge Instruction

Dressing

Leave bandages in place until your post-operative appointment.

Bathing

Sponge bath only.
Keep dressings dry.

Controlling Swelling and Bleeding

Elevate area as much as possible for one (1) to two (2) days.
Keep chin elevated. Use a rolled towel behind your neck.
No ice. No heating pad. No hot curlers. (your cheeks will feel numb).

Activity

Avoid straining or lifting heavy objects for one (1) week.
No strenuous activity for two (2) weeks.

Other Instruction

Avoid aspirin or products that contain aspirin for at least one (1) week.
Avoid Motrin, ibuprofen and all anti-inflammatories (NSAIDS) for at least one (1) week.
Continue taking your blood pressure medication, if prescribed.
Keep chin up. Use a rolled towel behind your neck. Do not use a pillow for one (1) week.
You may take over-the-counter Benadryl for itching.

Call the office at (269) 372-3000 if sudden or severe swelling of face, or pain occurs.