

RICHMOND PLASTIC SURGEONS

DARRIN M. HUBERT, M.D., F.A.C.S.

FACELIFT / NECKLIFT POST-OPERATIVE INSTRUCTIONS

BLEEDING AND BRUISING: It is normal to have a small amount of oozing of blood from the incisions in front of or behind the ears, as well as underneath the chin, for a few days after surgery. These will probably be covered with the headwrap bandage for the first day. After the bandage is removed, you may gently dab any droplets of blood that form along your incisions., using gauze or tissues. Bruising is also common and may extend down onto the neck. This typically resolves on its own in about 7-10 days.

SWELLING: A moderate amount of swelling after surgery is normal. Try to keep your head elevated above the level of your heart for the first 2-3 days, for example, sitting in a chair or with several pillows in bed. This will help minimize swelling. While most of the swelling is gone in just a few weeks, a small amount of nasal swelling may persist for several months. If you experience excessive swelling of one side of the face or in the neck, this could be due to bleeding underneath the skin, called a hematoma, which most commonly occurs the same day as surgery. CALL DR. HUBERT OR THE ON-CALL DOCTOR IMMEDIATELY if you experience excessive swelling on one side or in the neck.

HEAD WRAP/ DRAINS: You will likely have a head wrap placed in the operating room to hold the bandages in place. It is usually removed in the office the day after surgery. You may also have surgical drains placed during surgery. They prevent fluid from building up under the skin after surgery, and they usually exit the skin behind the ear. They are typically removed the day after surgery at the same time as the head wrap. The nurses in the recovery room may give you additional instructions regarding proper care of the drains prior to discharge home.

CHIN STRAP: After the head wrap is removed, you will be given an elastic chin strap that fastens with Velcro. This is placed beneath the skin, drapes up over each cheek and ear, and fastens on top of your head. The purpose is to apply compression to the lower face and neck area to encourage the skin to contract back into appropriate position during the swelling phase and as it heals. It should be worn day and night, removing only to shower, for the first two weeks. After that, you might be instructed by your surgeon to wear it longer, depending on how you are healing.

SUTURES: You may have stitches in front of your ear and/or under your chin which need to be removed around one week after surgery. Stitches behind the ear are typically dissolvable and do not require removal. Occasionally skin staples are placed in the hairline behind the ear, they are removed at the same time as the other permanent stitches.

ACTIVITY: Take it easy for the first two weeks. No cleaning, housework, or strenuous activity. Do not lift anything over 10 pounds, including children. You may resume non-vigorous activities at two weeks, then normal activities at four weeks.

BATHING: You may carefully shower the day following surgery after the head wrap and drains are removed. Your face may get wet in the shower. You may shampoo your hair the day after surgery. Avoid bath tubs and swimming for at least two weeks after surgery.

MEDICATIONS: take as directed. Take the antibiotic until it is finished. Do not drive while taking narcotic pain medications. Avoid aspirin for two weeks after surgery. You may take non-steroidal anti-inflammatories (e.g. ibuprofen) starting the day of surgery. Ibuprofen can be taken instead of, or in addition to, your prescription pain medication, according to the directions on the bottle. If you are nauseated or if you vomit, take the Zofran (ondansetron) as directed.

PHARMACY: Your prescriptions were sent electronically to the following pharmacy: _____

FOLLOW-UP APPOINTMENT:

() Your appointment is scheduled for _____.

West Creek Office of Richmond Plastic Surgeons
1630 Wilkes Ridge Parkway, Suite 201
Richmond, Virginia 23233

Midlothian Office of Richmond Plastic Surgeons
14401 Sommerville Court
Midlothian, Virginia 23113

() Please call **804-285-4115** to schedule an appointment for _____.