

Post Operative Instructions

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Date:

Chart:

Name:

AMBULATORY SURGERY
POST-OPERATIVE INSTRUCTIONS
FACELIFT/NECKLIFT

Please follow these instructions carefully. Your final result will depend upon how well you care for the treated areas.

WEEK 1

(Beginning the day after surgery and continue until 2 week appt)

DO: Clean suture lines located around the front and back of the ear with hydrogen peroxide on a Q-tip 4-6 times daily.

DO: Apply a small amount of Bacitracin ointment to the suture lines following cleaning. (It is okay if ointment gets in the hair, however it make the hair greasy.)

DO: Clean around surgical staples located in the hair-bearing incisions with Witch Hazel on a Q-tip 4-6 times daily.

DO: Shower on the first post-operative day (once.) Allow warm water, without soap or shampoo, to run through the hair. Some hair will be noticed in the rinse at this time. Do not be concerned, hair is not falling out.

DO: Shower twice daily starting on the second postoperative day. Clean hair and scalp with Johnson's Baby Shampoo only. Continue the showers twice daily until all crusts are gone, usually two weeks. (Laser patents see laser instructions)

DO: Elevate head off bed 30 to 40 degrees for two weeks to help minimize swelling. (Use pillows, a wedge cushion or recliner.) Sleep on your back, not your side or stomach.

DO: Apply facial cold compresses daily for 2 days following surgery.

DO: Wash face with lukewarm water only.

DO: Wear eyeglasses if necessary.

DO: Wear contacts, if necessary, unless eyelid surgery was also performed – in that case, wait 10 days before wearing contacts.

DO: Wear a wig if desired, as long as it doesn't irritate the staples or sutures.

DO: Wear chin strap as much as possible or until directed by physician.

DO NOT: Drive for 2 weeks.

DO NOT: Apply Bacitracin to the stapled incision line.

DO NOT: Pull ear forward while cleaning behind ear.

DO NOT: Use any hairsprays or conditioners for first 2 weeks. No hair permanents or coloring for 5 weeks.

DO NOT: Apply make-up to the face until directed by physician.

DO NOT: Use a curling iron for 4 weeks.

DO NOT: Wear earrings for 6 weeks.

MEN - DO NOT: Shave for the first week.

WEEK 2

DO: Wash hair at salon, if desired. Blow dry on low setting only

DO: Use Jan Marini C-esta cleanser, Dove soap, or Cetaphil lotion soap to gently cleanse skin. Do not wash with cleanser more than twice a day.

DO: Continue cleaning, as described above, (in week 1) if crusts along incisions are still present.

DO: Use water based hypo-allergenic make-up if skin is smooth and free of crusts.

MEN - DO: Shave with electric razor only, not directly over the crusted areas.

WEEK 3 & 4

DO: Use a vegetable color rinse (Roux) in hair if desired.

DO: Restart Retina-A use at this time, if applicable.

DO: Use a #15 sunscreen over healed incisions if sun exposure is expected.

DO: Resume regular physical activity.

WEEK 5

DO: Use oil-based makeup if desired.

DO: Start using a curling iron. Be careful not to burn areas of the scalp that may still be numb.

WEEK 6

DO: Color hair and obtain permanent if desired.