

## Face/Neck Lift (Rhytidectomy) Postoperative Care

### What to Expect

1. You will experience some discomfort for the first few days. Swelling and bruising are to be expected. Your neck may be bruised as well. A cold compress will help keep the swelling down.
2. You will note numbness of the skin around the incision and around your mouth and cheeks; this is normal and temporary. Some patients can have bruising inside their mouth, this is normal and you should not be alarmed.
3. You will have a large bulky bandage around your face and neck for the first 24-48 hours (Do NOT remove, this will be removed 24-48 hours after your surgery).
4. Dr. Seal uses a combination of absorbable and non-absorbable sutures during your surgery. You will notice blue sutures along your incision; these sutures are non-absorbable and will be removed by a nurse 7 to 14 days after your surgery.
5. Most patients do not find this procedure to be painful; rather they are uncomfortable and find that the tightness around their mouth and facial numbness is the most bothersome.

### Post Operative Medications

1. You will be prescribed an antibiotic. Please follow the dosing carefully and take the medication until all of the pills are gone.
2. Tylenol Extra Strength is sufficient if you are experiencing discomfort.
3. Check with your pharmacist to ensure taking Tylenol Extra Strength will not interfere with any of the medications you are taking.
4. Advil or any other type of non-steroidal anti-inflammatory medications are not recommended for the first 5 days after surgery.

### Showering and Makeup Restrictions

1. You may shower the day of your surgery from the neck down. We recommend you wash your face gently with a washcloth and water or mild soap for the first few days. Do not use any strong cleansers for the first 2 weeks after your surgery.
2. Please wait at least 48 hours to *gently* wash your hair after your surgery.
3. Dying your hair with heat is permitted once the incisions are healed (usually 21 days after surgery).

4. Bruising can be easily masked with foundation, but we recommend that no makeup be applied directly to the incisions until they are completely healed (usually 14-21 days after surgery).
5. Avoid using hair colour for 3-4 weeks post-operatively.

### Helping the Healing Process

1. We will encourage you to massage your incision with Scar Recovery gel (this will be provided) or any type of cream with Vitamin E after your sutures are removed.
2. Once sutures are removed, we will let you know when you can begin scar massage. Daily massage of your incision is necessary to help soften the scar tissue. There is no particular technique to massage the incision; as long as you are applying gentle pressure, you are doing a great job.
3. As with any surgical procedure, a healthy diet rich in vitamins and adequate water intake is recommended after your surgery.

### Post Operative Activities

1. Walking and driving (if you feel you are able to drive in a safe manner) and light activities are permitted.
2. Any strenuous activities that would raise your heart rate and/or blood pressure should be avoided for the first 2 weeks following your surgery.
3. We recommend that you sleep with your head elevated (30°) for the first week after your surgery. This will help with swelling and general comfort.

### Contact our Office if you Experience any of the Following Symptoms

1. Severe swelling on one or both sides of your face
2. Fever (>100°F/37.5°C)
3. Excessive bleeding

*If you experience one or more of these symptoms after office hours or over the weekend, please contact our office to leave a message (so that we are aware) and present to the nearest emergency room.*

If you have any questions or concerns, please feel free to contact our office at 754-2681 or [info@drshaneseal.com](mailto:info@drshaneseal.com).



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