

# South Louisiana

## Ear, Nose, Throat & Facial Plastics

7043 Hwy. 190, East Service Rd. • Suite C • Covington, LA 70433  
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### POSTOPERATIVE CARE OF FACELIFTS

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 appointment)**

- 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 makes 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 noted 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 the hair and scalp with Johnson's Baby Shampoo only. Continue the showers twice daily until all crusts are gone, usually two weeks. (laser patients see laser instructions)
- DO:** Elevate head of bed 30 to 40 degrees for two weeks to help minimize swelling. (Use pillows, a wedge cushion or a recliner.) Sleep on your back, not on 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.

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## 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 clenseskin. Don not wash with cleanser more that 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 makeup if skin is smooth and free of crusts. Our aesthetician can assist you with various makeup products.

**MEN:** Shave with electric razor only, except not directly over crusted areas.

## WEEK 3

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

**DO:** Restart Retin-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 make-up 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 a permanent if desired.

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**FINALLY, REPORT TO THE CLINIC ANY:**

1. Temperature elevation.
2. Sudden swelling or discoloration.
3. Excessive bleeding.
4. Discharge from the wound edges or other evidence of infection.
5. Development of any drug reaction.

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**REMEMBER:**

1. Bruising usually persists approximately 2 weeks, but in some individuals. may take several weeks to completely subside.
1. Your face will retain swelling for several months. During that time you may notice some lumpiness, tightness, and numbness.
2. As the swelling subsides so should the conditions associated with it, so be patient. Numbness typically persists for 3-6 months.
3. Any slack you see in the future will results from loss of elasticity - a result of continuation of the aging process.
4. "Tucks" are designed to remove any new sags and droops in the future.

**FINALLY, CALL IF YOU HAVE ANY QUESTIONS.**

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