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POSTOPERATIVE INSTRUCTIONS- FACELIFT (RHITIDECTOMY)

- Take medications as prescribed
- Do not take any aspirin or alcohol for at least two weeks following surgery.
- Absolutely no smoking; smoking can lead to serious complications.
- Apply Bacitracin ointment to suture lines after washing and drying gently.
- No exercise, heavy lifting, or strenuous activity.
- Do not disturb or change your dressing unless specifically instructed to do so by Dr. Rosenberg. The dressings will be changed on your first post-operative visit, usually within 24 hours of your surgery.
- Rest in bed with your head elevated on two pillows.
- Eat a soft diet requiring little or no chewing.
- Expect some drainage on your dressing especially behind your ears.
- Notify our office of any significant increase in pain, swelling, or drainage since discharge from the facility.
- Following the removal of your drains, you may shower and wash you hair. Remove chin strap only to shower.
- Dry hair gently or blow dry on cool setting.
- Do not wear make-up until instructed to do so.
- Expect itching in the area of surgery.
- Avoid exposure to the sun for 6 months following surgery.
- After two weeks, you may resume normal, but not strenuous, activity. No sports or exercise for three weeks.
- You may color your hair starting four weeks following surgery.