



RALPH A. MASSEY, M.D., F.A.A.D.
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



1260 15th STREET, SUITE 1401, SANTA MONICA, CA 90404
TELEPHONE (310) 434-2495, FACSIMILE (310) 434-2497

FACE-LIFT / NECK-LIFT POST-OP INSTRUCTIONS

1. WEAR THE ELASTIC GARMENT CONTINUALLY FOR 2 (TWO) DAYS, ONLY REMOVING IT TO SHOWER AND CHANGE THE ABSORBENT DRESSING UNDERNEATH.
2. YOU CAN SHOWER THE DAY AFTER YOUR SURGERY.
3. STARTING THE DAY AFTER YOUR SURGERY, YOU WILL NEED TO CLEANSE THE SUTURES WITH SOAP AND WATER OR HYDROGEN PEROXIDE, APPLY TOPICAL ANTIBIOTIC OINTMENT AND A FRESH ABSORBENT DRESSING EACH DAY UNTIL THERE IS NO MORE DRAINAGE. IF AFTER THE FIRST TWO DAYS THERE IS NO MORE DRAINAGE THEN APPLICATION OF TOPICAL ANTIBIOTIC OINTMENT TWICE DAILY WITHOUT A DRESSING WILL SUFFICE.
4. AVOID ANY STRENUOUS ACTIVITY OR EXERCISE FOR AT LEAST 1 (ONE) WEEK.
5. AVOID ANY ALCOHOL FOR 1 (ONE) WEEK.
6. AVOID SMOKING FOR AT LEAST 2 (TWO) WEEKS.
7. TAKE ALL MEDICATIONS SUCH AS ORAL ANTIBIOTICS AS PRESCRIBED.
8. SOME PAIN AND DISCOMFORT IS EXPECTED AFTER YOUR SURGERY. TRY TO AVOID ASPIRIN, MOTRIN OR IBUPROFEN AS THESE MAY INCREASE THE RISK OF BLEEDING AND BRUISING. THE USE OF TYLENOL IS RECOMMENDED FOR ANY PAIN OR ANY PRESCRIPTION PAIN MEDICINE YOUR DOCTOR HAS PRESCRIBED. CALL THE DOCTOR IF YOU DEVELOP INCREASING PAIN IN THE AREA.
9. SWELLING AND BRUISING IS EXPECTED. SLEEPING WITH YOUR HEAD ELEVATED ON AN EXTRA PILLOW MAY HELP DECREASE SWELLING. IF YOU NOTICE CONTINUED INCREASING SWELLING CALL THE DOCTOR.
10. INTERMITTENT USE OF AN ICE PACK CAN HELP BOTH PAIN AND SWELLING. HOWEVER DO NOT LEAVE THE ICEPACK ON YOUR SKIN FOR MORE THAN 10-15 MINUTES AT A TIME, THEN WAIT AT LEAST 10-15 MINUTES BEFORE REAPPLYING.
11. IF YOU DEVELOP INCREASING PAIN, SWELLING, REDNESS OR PURULENT DRAINAGE OR HAVE ANY QUESTIONS OR CONCERNS CALL YOUR DOCTOR.