



## GULF COAST FACIAL PLASTICS

*Where Art and Medicine Come Face to Face®*

200 Doctors Drive, Panama City, FL 32405

1303 Mosley Drive, Lynn Haven, FL 32444

[www.gulfcoastfacialplastics.com](http://www.gulfcoastfacialplastics.com)

### **Pre/Post-Operative Instructions for Rhytidectomy**

- Keep your head elevated 12" to 18" above the level of your heart by using pillows. **DO NOT LIE FLAT.**
- Sleep on your back.
- Do not take Aspirin or ibuprofen. Use only acetaminophen (Tylenol) or the medication prescribed by your physician.
- Do not take oral Vitamin E for one week.
- No bending over or heavy lifting for one week.
- Limit strenuous activity or exercise for three weeks.
- You may shower the day after surgery (after the dressing is removed). Please do not let the force of the water hit directly on the incisions.
- Minor oozing of blood may occur immediately after surgery. If this happens, apply gentle pressure to the area for 15 minutes. If the bleeding persists, please call our office @ (850) 784-7722.
- Avoid direct sun for two months, then use sunscreen SPF #15 or higher whenever you anticipate sun exposure.
- No smoking.