



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Face Lift

Dressings: The bulky dressing placed at the time of surgery puts some pressure on the areas operated on and help soak up any external drainage of normally occurring serum and blood. If the dressing is too tight or causes pain, please call us at 615-713-1695. You may be instructed to cut part away or completely through the portion of the dressing under the chin. This will usually relieve the discomfort. Removing the entire dressing would not cause any problems, in the unlikely event that this seems to be necessary. We remove the bulky dressing the morning after surgery and replace it with a very light one. After that, there are no more dressings.

Drains: A small drain may be placed under the skin and brought out through a small incision made in the hairline. The drain evacuates the fluid that can accumulate after surgery and enable you to heal faster. You will be given proper drain care in the recovery room after surgery.

Bleeding: Small amount of oozing and bleeding after surgery are normal. The dressing may be stained and the size of the stain may enlarge after you go home - this is normal. If serious bleeding occurs, apply pressure and call us. Bleeding under the skin flaps that causes serious swelling and discomfort is very uncommon, but if it does occur, it requires attention and evaluation by your surgeon. Call us at 615-713-1695 immediately.

Sutures: The sutures in front of your ears will be removed 4-6 days after surgery. If you have had an incision made under your chin, those sutures will also be removed at that time. The staples within your hair and the sutures behind the ear are removed 9-12 days after surgery.

Sunscreen and makeup: It is imperative that your scars be protected from the sun for 6 months after surgery. Use a sunscreen with a SPF of at least 30 at all times. It should be applied before your makeup. You may begin applying makeup 2 days after your sutures are removed. Speak to our nursing staff or the front office about an appointment for skin care several weeks after surgery. We provide this service to help maximize the benefits of your "new look."

Skin care: All skin of the face and neck may feel dry and chapped after facial surgery. We recommend that you make frequent and liberal use of a good moisturizer without fragrances in it.

Hair care: After a facelift, most patients experience a temporary change in the texture and manageability of their hair. Your hair is reacting to the "shock" of surgery and will recover naturally within 6 weeks. If you color or perm your hair, plan to have it done before surgery or wait 6 weeks after for best results. Your hair will be a little lifeless during that period of time.

Face Lift (cont.)



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Shampoo: Forty-eight hours after surgery, you may wash your hair. You may prefer to have your hairdresser wash it for you. In either case, a hair dryer, if used at all, should be kept on the lowest heat setting as your scalp may be partially numb.

Activity/sports: We want you to avoid straining or any aerobic activity for at least 4 weeks after surgery. This is to avoid bleeding, bruising and swelling. Do not resume strenuous exercise for 3-4 weeks. Dr. Tarola will give you clearance to increase your activities according to the progress of your recovery.

Driving: You may resume driving when you feel you're able, but wait at least 2 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, don't drive!

Sexual activity: You may enjoy sexual activities as your body allows but following the restrictions. Please reread Activity/Sports above and apply the same concept to sex.

Work: Follow whatever plan you and Dr. Tarola have agreed upon.