



GILLUM FACIAL PLASTIC SURGERY

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POST-OPERATIVE N-STYLE LIFT

1. You will wear your head wrap placed after surgery until we see you the following morning to remove your drains.
2. After we remove the drains and suture lines are cleaned we will put your head wrap back on. You will wear your head wrap for the first 24-48 hours removing only to clean your incision lines.
3. After the first 48 hours you only have to wear your head wrap at night until you return for suture removal. However, the more you wear your head wrap the less swelling you will have.
4. You will need to sleep with the head of your bed elevated for the week following surgery. Days 1-3 most inclined, days 4-7 inclined but at less of an incline.
5. You will need to clean your suture lines 3-4 times per day, using q-tips and peroxide, then apply a thin layer of Vaseline to your suture lines. This is to keep scabbing to a minimum. You will have a small incision under your chin. That incision is taped and that tape should stay in place until we see you for suture removal. If it should happen to come off, clean that incision line in the same way you are cleaning the others.
6. You may shower per routine using baby shampoo to clean your hair and face. Let any tape applied air dry. While showering or cleaning your suture lines especially behind your ears, avoid pulling or stretching those areas.
7. Some bruising and swelling is expected with this procedure and should resolve gradually. Day 3 the swelling usually peaks and may be worse than days 1 and 2; this is normal and will resolve.
8. Take all medications as directed. If you have any questions, please contact the office.
9. You may drive a car when you can comfortably move your head and are not taking your pain medication. No bending over, heavy lifting or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final result. You will be advised on increasing your activity at your office visits.
- 10. It is very important to keep cool gauze compressions on, changing every 15 minutes while awake.**

We will provide the gauze. Be sure to let us know if you have well water.

If you have any questions or concerns, call 765-499-4791. This will ring into our on call nurse. Please leave her a message and she will return your call promptly.