



# UNC

DEPARTMENT OF OTOLARYNGOLOGY/  
HEAD AND NECK SURGERY

DIVISION OF FACIAL PLASTIC &  
RECONSTRUCTIVE SURGERY

## Discharge Instructions – Rhytidoplasty/Facelift Surgery

*Please Read and Follow These Instructions for the Best Outcomes Following Your Surgery!*

### WHAT TO EXPECT FOLLOWING SURGERY:

- **Bleeding** - Blood on the dressings, or oozing of blood is normal for the first two days following surgery. For flowing blood (like a faucet), contact the ENT Doctor On Call, as noted below.
- **Bruising on the eyelids, face, neck and chest, puffiness or fullness around the eyes, mild incisional pain or discomfort, headache, and disrupted sleep are normal for the first week** and are an expected part of the healing process. This will improve after the sutures are removed in clinic about one week following surgery.

### INCISION CARE:

- **Good post-operative incision care on your part is essential to a successful outcome!**
- **Instructions:**
  - Clean incision sites twice a day with dilute hydrogen peroxide solution on a Q-tip and apply antibacterial ointment with a Q-tip twice a day for one week.
  - You may shower daily, beginning the day after surgery.
  - Avoid makeup on the incision sites until 24 hours after the sutures are removed.

### ACTIVITY:

- **Minimize your activities** with only light activity for the first week following surgery.
  - Listen to your body! If you feel tired over the first few days, you should rest.
- **No stooping, straining or heavy lifting > 2 bags of groceries.**
- **Sneeze with your mouth open.**
- **Sleeping with your head elevated** (ideally), but if you're unable to sleep, then you may lie flat.
- **If you have been prescribed a CPAP machine, DO NOT USE** until your doctor says it is safe; sleep in a recliner chair with your head elevated in the meantime.

### MEDICATIONS:

- **Resume your home medications.**
- **Do not take any aspirin containing products or blood thinners** (Goody's, BC Powder, Ibuprofen, Aspirin) until told to by your surgeon.
- **Do not take any intranasal medicines** until told to by your surgeon.
- **Pain:**
  - **Mild to moderate pain:** Over the counter Tylenol (Acetaminophen) as per the instructions on the bottle; narcotic pain medication should be used for break-through pain only, as it can cause nausea, dizziness, constipation.
  - **Severe pain:** Call the nurse for instructions; severe pain is unusual.
    - **NEVER DRIVE A VEHICLE OR OPERATE HEAVY MACHINERY WHEN TAKING PRESCRIPTION PAIN MEDICINE.**

DRIVING:

- **Do not drive** within 24 hours of receiving anesthesia or taking pain medication.
- **Do not drive if your vision is not normal.**
- **DO NOT DRIVE WHILE TAKING PRESCRIPTION PAIN MEDICATION.**

DIET:

- **Resume a healthy, balanced, normal diet** as you feel up to it.

FOLLOW UP:

- **You will have important follow-up appointments;** these will be scheduled for you (and provided to you before your surgery date).
- If you do not have an appointment please call the numbers below to schedule a visit.

POST- OP APPOINTMENTS:

- **Dr. William Shockley** call Phyllis at 919.843.3644
- **Dr. Madison Clark** call Carla at 984.974.2127

CLINICAL APPOINTMENTS:

- **Dr. William Shockley** call Sonia at 919.843.2749
- **Dr. Madison Clark** call Windy at 984.974.2255

CALL OUR OFFICE OR GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE:

- Any vision problems/changes
- Fever over 101.4
- Neck Stiffness
- Heavy or prolonged bright red bleeding from the incisions
- **For Immediate Assistance call:**
  - Regular Hours - 984.974.3409 (Triage Nurse)
  - After Hours - 984.974.1000 (Ask for the Ear, Nose & Throat - ENT - doctor on call)
- **To leave a voicemail for your surgeon's nurse call:**
  - Dr. William Shockley - 984.974.3520 (Elaine)
  - Dr. Madison Clark - 984.974.3633 (Amber)