



DRESSING: A soft, bulky dressing will be placed around your head and neck to provide moderate compression. The dressing will be removed and replaced with an ace wrap at your post-operative day 1 appointment. The ace wrap should be worn around the clock for 5 days, apart from taking it off to clean your incisions. On days 5-14, you may wear the wrap at night only. It is essential to wear the wrap as directed—**DO NOT wrap it too tightly**. The purpose is to support, not compress.

INCISION CARE: Depending on your surgery, there will most likely be 3 separate incisions. A small one running horizontally underneath your chin, and one on either side of your face that runs along the front of the ear, directly behind the ear, and into the hairline. Once your dressing is removed, you will clean the incisions twice a day with a Q-tip soaked in a 50/50 solution of hydrogen peroxide and water. Do not over clean, discontinue cleaning after 3 days. **Do not try to pick off or remove scabs.**

After cleaning, apply antibiotic ointment to the incisions; re-apply as needed throughout the day to prevent dryness. Continue using the ointment until sutures are removed or fully dissolved. If irritation occurs, you may use Vaseline, petroleum jelly, or Aquaphor in place of antibiotic ointment. Following suture removal, it is important to know that your incisions are still healing. To prevent re-opening, do not rub, scratch, pull, or apply pressure to any of the surrounding skin. Do not apply scar gel or makeup to your incisions until they are fully healed, around 10-14 days. For the first year after surgery, use a broad-spectrum SPF 30+ sunscreen containing zinc oxide.

DRAINS: These surgeries are commonly done without the use of drains. However, in some situation's drains are needed to remove excess fluid. The drains consist of small tubing and an oval-shaped bulb that will be attached to your dressing. It is normal for one drain to produce more output than the other. Fluid in the drains will appear bright red in color, then lighten to pink, or straw-colored. "Strip" the tubing every 4 hours while awake. Do this by pinching the tubing near the exit site with one hand, using the other hand to pinch and slide the contents downward towards the bulb. Empty as needed. Compress the bulbs prior to re-capping to remove air and provide suction. Most drains are removed on post-operative day 2-3. Call the office if you have a drastic increase in drain output that appears dark red in color. MACS lift drains will be hidden within your dressing and require no care. These drains will come out on your post-operative day 1 appointment.

ADDITIONAL EXPECTATIONS/INSTRUCTIONS: A sensation of tightness in your neck is normal unless it affects your ability to breathe. If you feel like the dressing or swelling is affecting your ability to breathe, call the office immediately or go to the emergency room. Limit movement of your head and neck for several weeks. Avoid any motion or position that pulls or causes pressure on incisions.