



Platysmaplasty POST-Operative Instructions

1. It is important to remain as inactive as possible the day of surgery. When resting, you should be in a recliner chair or have at least 2 pillows under your head and shoulders for 3-4 days following surgery (a Lazy-Boy recliner works best for this). Ice the affected areas on-and-off for 15 minutes at the time for the remainder of the day. These simple steps will help minimize swelling. Slight oozing of blood is normal – simply put gentle pressure on the area with a clean gauze or tissue.
2. **DO NOT** remove any bandages or compression garments until the next day of your surgery. Wait 24 hours to do so or if your doctor requested to see you the next day, we will do it here in the office.
3. After 24 hours and all the gauze were removed, we strongly advice you to wear the compression garment (face bra) 24/7 for the first week; during the second week of recovery, only wear it at night.
4. Avoid strenuous activity for the first week following surgery.
5. You may take Tylenol (PM or Extra Strength) or prescribed pain medication (as directed on the label) if needed. **DO NOT TAKE ASPIRIN, ADVIL, MOTRIN, ALEVE, NUPRIN, OR IBUPROFEN** containing compounds (these interfere with your blood's clotting and cause bleeding and bruising).
6. Warm showers may be taken **48 HOURS** after your surgery. Gently wash your face by splashing cool water onto it, being careful not to scrub it. Gently pat the area dry – do not rub it. **NO** soap should be used on the incision. Clean the area with hydrogen peroxide 3 times a day, followed by application of Bacitracin ointment (over-the-counter).
7. Use over-the-counter Bacitracin for your face incisions. The sutures are meant to be kept moist as you heal, so apply it every 3-4 hours or as often as needed.
8. Dr. Rostami will see you again, likely the next day of your surgery or to remove any remaining sutures approximately 7 days after your surgery. The post op team will let your support person know if you should come back the next day or in 7 days . *Please call if you do not have an appointment scheduled.*
9. If you had sedation anesthesia for the procedure or while under the influence of prescription pain medications, do not drive, operate heavy machinery, or make important decisions for at

least 24 hours, since the anesthesia and medications may cause sleepiness, dizziness, or cloud your judgment.

10. We recommend wearing the head wrap provided to you the day of surgery. Please wear as directed. Remove the wrap only for cleaning purposes. This will help in the healing process.
11. You may contact our office with any concerns you have regarding your surgery at (703) 893-3937 Reston or (703) 893-3937 Tysons, during office hours, or you may call Dr. Rostami at **202-413-5772** after hours.

If you have any questions, please do not hesitate to call us!