

# Robert Louton, MD

BLAIR PLASTIC SURGERY

## MAC lift – FACT SHEET

1. DO NOT sunburn or suntan surgical area one month prior to procedure.
2. Wash hair before surgery with antibacterial soap.
3. Keep head elevated at all times. Sleep in a recliner or with head elevated using 3-4 pillows.
4. Your face will be taped for 7 days.
5. You will need to keep tape dry. Sponge bathe or tub bathe.
6. You will also have a facial sling or self-adhesive foam tape from the top of your head and around your chin for one week. Additionally this facial sling or foam tape should be worn at night for 6 weeks.
7. Sutures are removed one week after surgery.
8. Take all medications as prescribed.
9. No lifting or exertion for 2 weeks.
10. You may begin gentle walking 1 mile a day after 2 weeks.
11. No exercise for 1 month.
12. You may develop bruising and swelling. Elevation is best for this.
13. **DO NOT USE ICE**

### Signs of Infection

- a. If wound becomes red, swollen, tender or hot to touch.
- b. If red streaks are seen coming from the operative area.
- c. If you develop a fever
- d. If the wound breaks open or begin draining.
- e. If there is a constant or increasing pain at wound site.

**Please notify Dr. Louton for any problems day or night at (814) 949-7280**