



Robert Louton, MD

BLAIR PLASTIC SURGERY

PLATYSMAPLASTY – FACT SHEET

1. **DO NOT** sunburn or suntan surgical area one month prior to procedure.
2. Keep head elevated at all times. Sleep in recliner or with head elevated using 3-4 pillows.
3. Tape is worn continuously for 7 days as well as the facial sling. After the first week the facial sling should be worn at night for 6 weeks.
4. You may shower and wash you hair with gentle shampoo the morning of your 1 week follow-up appointment.
5. No lifting or exertion for 2 weeks.
6. You may begin gentle walking 1 mile a day after 2 weeks.
7. No exercise for 1 month.
8. You may develop bruising and swelling. Elevation is best for this.
9. **DO NOT USE ICE.**
10. Take all medication as prescribed.

Signs of Infection

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

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