



# AVANCE

PLASTIC SURGERY  
INSTITUTE

## **Radiofrequency (FaceTite/Accutite) Instructions**

This handout provides information on how to prepare for your FaceTite/Accutite procedure and what to expect as you are healing. Please read the handout carefully. Feel free to ask questions at any time.

### **Important information about preparing for your facelift operation:**

1. Do not take products containing aspirin, ibuprofen (Advil, Motrin), Vitamin E or red wine for 2 weeks prior or for 2 weeks after your operation. Many medications contain these compounds which are known to prolong bleeding. It is safest to take only Tylenol® for aches and pains prior to your operation.
2. Your prescriptions will be sent to you ahead of time. You should fill these prior to surgery and have them available for when you arrive home from the hospital.
3. Please arrange for a friend or family member to stay with you for the first 24-48 hours following your surgery.
4. In general, you will 7-10 days off from work. More limited procedures require less time off.

### **On the day of your procedure:**

- Do not wear makeup, contact lenses or jewelry on the day of your operation. Do not use hairspray, gel or mousse.
- Please keep your valuables at home. You may bring your glasses and a pair of sun glasses for the car ride home.
- Wear comfortable clothing that is easy to dress in and out of. Wear a shirt that

buttons down the front.

**After your operation:**

1. After your operation, you will leave the office with a soft compression bandage on your head.
2. Sleep with your head elevated on several pillows arranged in a wedge.
3. For the first 24 hours, rest quietly. You may get up to use the bathroom or to take a light walk around the house. Exercise caution in your home and be careful with tasks such as climbing stairs when you are taking pain medications.
4. Use the pain medication as prescribed when you are feeling uncomfortable.
5. On the first day after your procedure, you may gently wash your face by patting it with a face cloth. You can also carefully brush your teeth.
6. You may shower and wash your hair 1 day after the procedure.
7. It will be 5-7 days before you can begin light exercise such as: jogging or using a stationary bike.
8. You will be able to wear makeup 3-4 days after your procedure.

directly over the scars. It is recommended that you continue to use sunscreen after one year.

15. You will be able to drive after two weeks. Be aware that pain medications cause drowsiness and should not be used before driving.

**What to expect as you are healing:**

1. You will have swelling on your face and neck that will take 2-3 days to subside.
2. As the swelling subsides, you will feel hard areas under the skin on your face and neck. This is to be expected and will resolve in several weeks.
3. Your incisions may be raised, red, and feel hard for several months, but most incisions are inconspicuous after 2-3 weeks.
4. Numbness in various areas of your face, neck and ears is common and may persist for weeks or months. You must be careful using your hairdryer at this time so you do not burn your skin.
5. It is normal to experience a feeling of tightness under your chin and behind your ears. Your neck may also feel stiff. The tightness and stiffness usually last several weeks.
6. The final result needs to be judged 6-12 months after your procedure.

**Follow-up appointments:**

1. You will have several follow-up appointments after your procedure.
2. Your first follow-up appointment will be at 1 week. Subsequent appointments will be suggested by Dr. Dayan as needed.

**If you have any questions you may reach Dr. Dayan by calling the office at 775.800.4444 during and after business hours.**