

PRE AND POST-OPERATIVE INSTRUCTIONS

Face/Neck Lift Surgery

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

Please read these instructions before and after your surgery. Carefully following these guidelines will help you obtain the best possible result. Take this information with you on the day of surgery so you can begin following the instructions that day. If you have questions, do not hesitate to contact our clinic. We want you to have a pleasant and enjoyable experience.

PRE-OPERATIVE INSTRUCTIONS

Preparing for Face/Neck Lift Surgery:

- Avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other non-steroidal anti-inflammatory medications, Vitamin E, herbal supplements or any medications containing these compounds for two weeks before surgery. Acetaminophen (Tylenol or generic equivalent) and a daily multivitamin are fine.
- Avoid hair coloring, perms, or other hair treatments for two weeks before and four weeks after surgery.
- Discontinue herbal medications two weeks before surgery since many of these compounds can increase bleeding or interfere with your anesthetic. (Example: fish oil, CBD oil, Echinacea, Ephedra, Garlic, Ginkgo, Ginseng, Kava, St. John's Wort, Valerian, Vitmin E).
- Refrain from smoking two weeks before and two weeks after surgery. Nicotine and tobacco smoke delays healing and can result in scarring. This is the perfect time to give up the habit.
- Your prescriptions for after surgery (typically an antibiotic and pain medication) will be given to you the day of surgery.
- Do not eat or drink anything, including water, after midnight the night before your surgery.
- Arrange for someone to take you home from the hospital. You will not be allowed to drive or leave alone. Arrange for someone to stay with you for the first 24 hours after surgery.

Day of Surgery:

- **Do not eat or drink anything, including water, the morning of surgery. Essential medication may be taken with a sip of water.**
- Wash your hair either the evening before or the morning of surgery. Do not use any styling products or sprays.
- Wear loose-fitting clothes that fasten in the front or back. Avoid slipover clothing.
- Leave all valuables at home; do not wear jewelry.
- Do not wear any facial or eye make-up. Avoid nail polish.
- You may wear glasses but do not wear contact lenses.

POST-OPERATIVE INSTRUCTIONS

- You will want to rest for the next 5 to 7 days.
- Keep your head elevated (30 to 40 degrees) when resting for 4 to 5 days after surgery to minimize swelling.
- When you eat or drink, do not suck; and do not use a straw.
- Use artificial tears in your eyes at night if you are unable to close your eyelids. Ask your surgeon before using any ointments.
- Take only the prescribed medications or acetaminophen (Tylenol®, APAP) for pain. Note that many prescription pain relievers already contain some acetaminophen. Do not exceed 4000mg of acetaminophen a day.
- Do not take aspirin or products containing aspirin. Ask your surgeon before taking other over-the-counter pain medications.
- As a rule, your surgeon will see you the day after surgery.

- You may bathe the day after your surgery. If your surgeon has asked you to leave the bandages on, avoid getting your head dressing wet.
- You may require a light dressing after your surgery. We will see you in the office 3 to 5 days post-operatively and/or instruct you to remove it.
- After the dressings are removed, shower and wash your hair. Use warm **not** hot water (much as you would wash an infant). **Use only baby shampoo.** Let the water run through your hair to remove all dried blood and surgical soap. Do not let the shower beat directly on your face. Be careful not to pull on the sutures or staples while washing or combing your hair. Do not blow dry your hair.
- We will need to see you again in 5 to 10 days post-operatively to remove the majority of sutures and staples.
- Liposuction of the neck is sometimes done in conjunction with a facelift / brow lift. If this is the case, you will need to purchase a 3" Ace bandage or a specialized chin strap. You will be instructed to wear the bandage or strap after the gauze bandages are removed.
- After the bandages are removed, most of the crust will come off over time with your daily shower and shampoo. If there are patches of thicker crust, you may use some hydrogen peroxide and a Q-tip. Gently roll saturated Q-tip across the suture line to remove dried blood. Also, apply bacitracin or double antibiotic ointment (Polyspirin®) to suture lines.
- Avoid bending over, lifting and strenuous activity ofr 4 weeks. No straining, bending over, etc. – nothing to make your face "red or blue". At 4 weeks you may begin walking and light exercise, gradually working up to a normal routine by 6 weeks.

REMEMBER:

- Do not take aspirin or products containing aspirin.
- Do not use ice packs on your face.
- Do not lie on your cheeks.
- Do not be alarmed if there is dried blood on your face or head bandages. This is normal.
- Call your physician if your pain cannot be controlled with Tylenol or the medication given to you by your doctor.

EXPOSURE TO SUN:

During the first 3 or 4 months after surgery, exposure to sunlight should be avoided or minimized. If you must be in the sun, apply sun block or sunscreen with a SPF of 15 or higher to the rest of the face. Severe sunburn could result in permanent scarring or discoloration. Should sun burning occur, your face may stay red for many, many months in a way most bothersome and unattractive. The nose is extremely vulnerable to this after surgery.

RETURNING TO WORK:

Many patients can return to work a week or more after surgery. However, with a full complement of associated procedures such as blepharoplasty, brow lift, implants, lip peel, etc., most patients do not elect to return until 2 or 3 weeks after surgery. Close up work before a camera is not advised before 2 or 3 months, although we have seen people look absolutely sensational as early as a few days to a week after major surgery in our facility. This rapid recovery is however, unusual.

Please call us in the office at 501-623-4485 if you have any further questions or concerns.