



PRE & POST OPERATIVE INSTRUCTIONS FACE / NECK LIFT

1. You should make arrangements to be off from work for at least two weeks following surgery.
2. If you have small children someone should help you with childcare for at least one week.
3. You should arrange for a responsible adult caregiver that is at least 18 years of age to be with you for at least 24 hours after surgery and preferably 48-72 hours post operatively.
4. Having your caregiver with you at your pre operative appointment is extremely beneficial.
5. You will be given a prescription for pain medicine with written and verbal instructions. Narcotic pain medication will cause constipation, and for this reason you should also use a product of choice such as: Prunes, prune juice, milk of magnesia, colace/stool softener, etc. to help keep you regular and avoid straining with bowel movements.
6. No smoking for a period to two months prior to and after your surgery.
7. Do not drive until instructed to do so (for at least one week). Do not drive while still taking Narcotic pain medications. When you do resume driving, start out with short trips (to see how you react) and gradually increase time and distance.
8. Do not take aspirin containing products or NSAID's (Ibuprofen, Aleve, Naprosyn, Motrin) two weeks prior to and after surgery. Tylenol is acceptable. Your prescribed pain medication contains Tylenol, and therefore you should not take additional Tylenol with the prescribed pain medication.
9. A postoperative bandage will be placed on you after your surgery. The bandage will stay on for 1-3 days and be replaced with a postoperative garment. This garment should be worn around the clock for at least one week (it is okay to remove for showering). The doctor will determine specific the time for garment to be worn on a case by case basis.
10. Do not shower for 48 hours after surgery. After 48 it will be okay to sponge bathe or shower. Avoid soaking or immersing your head, neck, and face in a steady stream of water (stand with your back toward the shower). Having someone nearby when taking your first shower or sponge bath is helpful.
11. Do not shampoo your hair until instructed to do so (usually 3-5 days). Do not color or perm your hair until instructed to do so. Some areas of your scalp may be numb. Hair dryers should be kept on a cool setting to avoid being burned.

12. You will be sent home with drains for the first day or so. The nurse will instruct you and your caregiver how to empty and strip your drains at least every 8 hours and record the totals every time for a 24-hour total. Drains should be supported at all times, including when showering.
13. When arriving home you should remain relaxed. (Short walks are encouraged after the first day). You should not do any strenuous activities such as cleaning, exercising, or shopping until instructed. Avoid lifting (no more than 1 grocery bag at a time/10 lbs.), extending, straining, or bending for at least two weeks after surgery.
14. Relaxation is an extremely important part of your healing process. Keeping your blood pressure down is most important after facelift surgery. Make sure if you take blood pressure medication to take them. Be sedentary except for short walks for the first 2-3 weeks.
15. Your swelling will increase for the first 72 hours and then gradually subside. You may notice increased swelling in the morning. However, this will subside as the day goes on.
16. Ice on the surgical site for at least 72 hours will help to reduce swelling (20 minutes on, 20 minutes off).
17. You may experience some tightness around the neck area. This is to be expected and will gradually subside as the day goes on.
18. You should sleep with your head elevated for at least three weeks. For the first three weeks. For the first week, sleeping in a recliner or in bed with pillows to elevate your head is helpful and important to help reduce swelling.
19. The sutures will be removed around 5-10 days, at one of your postoperative appointments.

We have spent considerable time and effort to make your surgical experience as efficient and pleasant as possible. We would appreciate your suggestions regarding any area of your care, which you think, could be improved to make your experience more pleasant.

If you have any questions, please call the office between 8:00am and 5:00pm. If a problem should arise after office hours, the doctor can be reached through the answering service at (253) 627-2900.