

Facelift / Minilift / Neck lift/Restorelift Post-OP Instructions

These instructions were carefully written with you in mind. Take the time to read them thoroughly several times. We have found that faithful adherence to these guidelines will give you the smoothest recovery and optimum results. If a question does arise, first refer back to these pages. If you are still uncertain, call (501) 227-8811.

BEFORE YOUR FACELIFT

1. Be sure to have all your medications and prescriptions purchased prior to surgery. **BRING ALL MEDICATIONS WITH YOU THE DAY OF SURGERY.** These include an antibiotic, antibiotic ointment, pain medication, Arnika Forte™, hydrogen peroxide, Polysporin and Q-tips.
2. Shampoo your hair for 10 minutes the evening prior to your surgery. Do not use conditioner.
3. Cleanse your face the morning of your surgery. **Do not apply moisturizers or make up. Do not use hair spray or hair gel.**
4. **Do not wear clothing which must be pulled over the head.** A button down, zippered top or shirt will make it easier to get dressed following surgery.
5. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**
6. Arrange for a driver to transport you for your first week's post-operative visits. Operating a motor vehicle while using narcotics is not advised. Ask for the Doctor's advice if you have any questions.
7. You must have a responsible adult, friend or relative, 21 years or older, drive you home following surgery and plan to remain with you for the first 24 hours post-operatively. You will not be discharged from the Surgery Center/Devlin Cosmetic Surgery to ride home in a taxi following your surgery.
8. If indicated, please see your personal physician and have the consultation report sent to our office at least one week prior to your surgery.
9. If you are a smoker, stop smoking 6 weeks prior to surgery and 6 weeks after to enhance wound healing and decrease risk of complications. **Dr. Devlin will do nicotine testing the day of surgery!**

AVOID THE FOLLOWING

-Aspirin or aspirin products- do not take for 14 days before surgery.

See Aspirin Product List

-Vitamin E- do not take for 14 days before surgery.

-Alcohol, mood altering drugs/substances- do not use for 2 days before surgery.

ANTIBIOTICS

An antibiotic will be prescribed for you. It should be started the evening prior to surgery. Take as directed with food until it is all gone. Do not take your antibiotic the morning of surgery. Resume taking your antibiotic, with food, once home the day of surgery.

PAIN MEDICATION

A narcotic medication will be prescribed to control post-operative discomfort. Take one to two tablets every 4-6 hours as needed. DO NOT take narcotics on an empty stomach, as this may cause nausea and vomiting. Eat soda crackers or something light before taking narcotics.

ANTI-NAUSEA Medication

You may use the rectal medication if you experience nausea or vomiting in the post-operative period. Use one at a time. **Do not use more than 4 per 24 hours.**

BRUISING/SWELLING – ARNIKA FORTE™

To address bruising and swelling start dosing 2 days prior to surgery by taking 1 capsule in the morning and one in the evening. Do not take the day of surgery. Begin dosing again the day following surgery with 1 capsule in the morning and one in the evening for 5 days, until product is gone. Available at Devlin Cosmetic Surgery \$30.00.

PATIENT RESPONSIBILITY

Once your surgery has been performed, the responsibility for its ultimate success depends on you carefully following these post-operative instructions. For the first two weeks following surgery, you must give all of your attention to assisting the healing of your facelift. This means not neglecting or delaying any responsibilities listed in the instructions. The individual who will assist you during the recovery should also read these instructions. It is advisable that an adult be available to help you during the first week of recovery.

FOLLOW-UP APPOINTMENTS

The first post operative visit will be the day after surgery for bandage removal. You will also be seen at one week and again at two weeks. Any further follow-up visits will be recommended to you by your doctor on an as needed basis.

WHAT TO EXPECT AFTER SURGERY

1. On your arrival home you will feel like sleeping. You will have a large, bulky dressing which looks like a turban or helmet. You may experience discomfort from the bandage, or nausea from the anesthesia. The dressing will restrict your hearing and your peripheral vision and may feel tight. **DO NOT** loosen or remove the facial dressing. As mentioned above, the head compression dressing will be removed the day following your surgery. At this time a chin strap **may be** applied. The chin strap is to be worn day and night for the first week (7 days), and at night thereafter for 2-3 weeks. **DO NOT** wear your chin strap too tightly; a moderate support is all that is needed. You do not need to wear the chin strap to the office on the 7th day. If you are having a chemical peel at the same time as a facelift, you may not be instructed to wear a chin strap after surgery. **Your doctor will let you know whether or not to wear a chin strap.**
2. It is common to have a variable degree of swelling and bruising for the next few days. Remember to take Arnika Forte™ homeopathic capsules for bruising and swelling as prescribed. To keep it to a minimum, continue elevation of the head. Sleep in a semi-sitting position. You can do this by sleeping in a recliner or by propping yourself up on two or three pillows. Continue sleeping in this position for approximately two weeks following surgery. Stay away from salty foods, especially before retiring for the night.
3. If you develop severe swelling on one side of the face versus the other, exaggerated pain on one side, or bleeding through the bandage, immediately elevate the head, apply pressure to the area (most especially to the mid-point in front of the ear), and notify us immediately at (501) 227-8811. Ice compresses may then be used.
4. For the first few days when getting up from bed, rise slowly taking short breaths between each movement. Be sure you have an able adult ready to assist you to and from your destination.
5. A low grade fever the first few post-operative days is not abnormal. Take two Tylenol tablets for temperature elevations below 101 degrees. If you have a persistent fever over 101 degrees call Devlin Cosmetic Surgery.

ACTIVITY

1. Avoid excessive facial and neck movements for two weeks. Move your head and shoulders as one unit. Tightness along the incision is to be expected, but if you feel an increase in tightness as you move, you may be moving your head and neck too much. Avoid quick movements, bending, leaning forward or straining for two weeks. Excessive movements can raise your blood pressure and cause bleeding.
2. If you develop a cough, it is extremely important that you inform your doctor. Coughing will increase blood pressure to the neck and face which could cause bleeding or bruising.

3. You may resume athletic activity in approximately 4 weeks. Consult your surgeon before doing so.
4. You may take a bath after surgery, avoiding the head and neck.
5. You may shower and shampoo your hair the day after surgery.
6. Men may shave by the 4th or 5th day following surgery with an **electric razor only**.
7. **Use caution when using a blow dryer.** The skin on your face may be numb. Use of a hot blow dryer may cause severe burns. You may use a blow dryer with caution on cool setting only.
8. Do not color or perm hair for at least 4 weeks after surgery.

CONSTIPATION

If constipation occurs, you may take a laxative. You may find it helpful to use a stool softener such as Metamucil, increase your fluid intake, and to add high fiber foods to your diet.

THINGS TO REMEMBER

1. Any time you take a pain medication, take an anti-nausea pill along with it. Remember to take the Arnika Forte™ homeopathic capsules to speed healing, allowing faster recovery from bruising and swelling.
2. You will feel a tight or heavy feeling in the face, but little discomfort. If necessary, take the pain medications as prescribed.
3. Do not take aspirin or products containing aspirin for two weeks following you surgery.
4. ***QUIT SMOKING*** 6 weeks before and 6 weeks after your surgery. Dr. Devlin will do nicotine testing the day of surgery as well as post-operatively.
5. Do not eat foods, candy or gum, which are hard to chew. A liquid or soft diet is recommended for the first three days. It is normal to experience some temporary numbness, tingling or increased sensitivity, especially around the ears.

CARE OF INCISIONS

Post-operative day 1, your suture lines will require special care. Use a diluted hydrogen peroxide and water mixture (1/4 parts hydrogen peroxide and 3/4 water) along with Q-tips to saturate the surgical incision line. Let the solution bubble for a minute or so in order to help loosen the crust / scab. Apply Polysporin ointment liberally over all suture lines. This wound care should be done at least three times daily to help clean and protect the incisions. Keeping the incisions clean and moist will encourage faster healing and a more pleasing scar. **Do not use Polysporin for more than one week following surgery.**

SKIN CARE

Facial cleansing should be done carefully the first week. **After the first week**, wash your face with a mild cleanser. We recommend Elta, M.D., Foaming Facial Cleanser. 7 oz., \$22.00 Available at Devlin Cosmetic Surgery.

You may begin to apply facial make-up one week following surgery. This includes the eyes unless you have also had eyelid surgery. Apply very carefully and avoid all incision lines. Avoid rubbing, tugging, pushing or stretching the skin.

You may purchase a post-operative camouflage kit from Earlene, our Medical Aesthetician, which is effective in covering any bruising, if needed. Kits include Glo Mineral Concealer, Glo Mineral Pressed Base and Camouflage brush.

If you have a chemical peel at the same time as your facelift, follow the skin care instructions given to you for chemical peel care.

SUN PROTECTION

To help prevent sun damage, apply a facial sunscreen to your face daily. We recommend Elta, M.D., UV Daily Broad Spectrum SPF 40 for normal, combination and post procedure skin 1.7oz \$25.00. Or, Elta, M.D., UV Clear, SPF 46 for Skin Types prone to acne, rosacea and hyperpigmentation, 1.7 oz. \$30.00. Available at Devlin Cosmetic Surgery. Excess sun exposure can cause hyperpigmentation of your surgical incisions. Limit your exposure to sun for approximately one year following surgery. Use a sunscreen that provides the broadest coverage with SPF 30 or higher. Avoiding the mid-day sun and wearing a broad brimmed hat are also important in helping prevent aging skin changes from the sun.

ADDITIONAL PROCEDURES

For post-operative care on additional procedures, such as chemical peel, laser skin resurfacing, dermabrasion, Restylane injections, fat grafting, or eyelid surgery, please refer to the specific instructions given for those procedures.