

FACE/NECK LIFT

Surgery Date: _____ Place: _____ Arrival Time: _____

TWO WEEKS BEFORE SURGERY:

1. Some medication can interfere with anesthesia and cause undesirable side effects that affect your surgery. Please read over the enclosed medication information list and let us know if you take any of them. Aspirin should not be taken 1 weeks before or after surgery. Tylenol is a good medication to take for any aches or pains you may have prior to surgery.
2. Smoking will affect how you heal. It is very important to stop smoking 2-3 months before your surgery.
3. If you develop a cold, facial sore or any other illness prior to surgery, please notify us.
4. If you color or perm your hair, have this done at least two weeks prior to your surgery so that your scalp will not be irritated. You should not have color or a perm for three weeks following surgery.

EVENING BEFORE SURGERY:

1. In preparation for after surgery, place two pillows for elevation of your head & shoulders on your bed.
2. Make some jello and/or soup for after surgery.
3. Get a good night's rest.
4. Do not eat or drink anything after midnight if your surgery is scheduled before noon.

MORNING OF SURGERY: Be at the Surgery Center/Hospital at: _____

1. Do not eat or drink anything if your surgery is scheduled before noon. If your surgery is scheduled after noon, you may have coffee or tea and dry toast at least 6 hours before your surgery time.
2. Do not wear wigs, hairpins, hairpieces, jewelry, contact lenses, dentures, nail polish, or makeup. Dress in loose-fitting comfortable clothes. Do not wear pullover tops or panty hose. Wear slip on shoes.

AT HOME AFTER SURGERY:

1. After surgery, it is best to go to bed and elevate your head & shoulders on at least 2 pillows. You may use a small roll or “neck” pillow under your neck for support. Avoid bending forward at the neck for the first week.
2. Apply iced gauze or gel patches (crushed ice is best) to your cheeks as much as possible during the day for the first 24 hours as this will reduce the amount of swelling you will have after surgery. Swelling will peak at 48-72 hours.
3. For the first 48 hours, avoid any type of straining. You should get out of bed only when necessary and with assistance. It is not good to lie in bed without moving, so flex your feet and legs a couple of times every hour while you are awake.
4. If you have pain or discomfort take the pain medication every 4-6 hours. It is best to take pain medication with crackers, jello, etc. If you have no pain, do not take the medication. Alcohol and pain medication should not be taken together.
5. A light diet is best for the day of surgery. Begin by taking liquids slowly and progress to soups or jello. You can start a regular diet the next day.
6. You may have drains in place under the skin after surgery. These will be secured but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to your caretaker. Drains are removed within 3 days.
7. After the drains have been removed you may start cleaning along the stitch lines, in front of and behind the ears and under the chin, with half strength hydrogen peroxide (dilute with water) twice a day. Apply a thin layer of Vaseline ointment to these areas after cleaning.
8. You can expect some swelling of the face and eyes after surgery. If the swelling on one side is **definitely** more pronounced than on the other side, or if you are having pain which is not relieved by the pain medication, please call the office.
9. Avoid turning your head to either side, as this will pull on the stitch lines. To turn, move your head and shoulders as a unit.
10. If you have burning or stinging in the eyes or if you are unable to close your eyes completely, apply Refresh plus or P.M. ointment in your eyes every 4 hours or as often as needed.

11. **Remember, DO NOT SMOKE until I tell you it is okay. This is very important.**

OTHER POST-OPERATIVE INSTRUCTIONS:

1. Visitors should be discouraged & facial movements (smiling, talking, chewing, yawning, etc.) keep to a minimum for the first week.
2. On the day after surgery, applying the Refresh plus to each eye when it waters or feels dry.
3. If your eyes burn or remain partially open when sleeping, apply the Refresh P.M. ointment inside the eyelid as long as needed. This will make your vision blurry but it will clear as the ointment is absorbed.
4. Use Refresh Plus eye drops during the day as needed to keep your eyes moist and comfortable.
5. After your dressing and drains have been removed you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of your hair. Do not use hairsprays, conditioners, gels, etc. while the stitches are in place. You may start washing your face gently with a bland soap (Neutrogena, Ivory, etc.) You may use a moisturizer on your face being careful to keep it away from the stitch lines.
6. Your hair may be dried with a blow dryer on cool, **not a hot**, setting.
7. Hair coloring should be delayed until 3 weeks after surgery, when healing is completed and no crust remains.
8. Strenuous activities should be avoided for 2 weeks. After that, gradually increase your activities so you are back to normal by the end of the third week.
9. After a few days, if you experience itching in the eyes or any discomfort, warm compresses will help relieve that feeling. Do not use warm compresses on any other part of your face.
10. If your eyes become severely red and irritated, call our office.
11. The skin of your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear wide brim hats and sunscreen (SPF 15 or greater) if you have to be in the sun for prolonged periods.

GENERAL INFORMATION:

1. Tearing often occurs after surgery. This will stop as the swelling goes away around the cheeks.
2. Over tightness of the cheeks and eyelid is a normal feeling after surgery. It may be hard to close the eyelids completely but it will relax with time.
3. Red discoloration of the whites of the eyes may occur if there is a lot of swelling. This is painless, will not harm your vision, and will disappear completely. This swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes down.
4. Contacts can be worn when the eyes start feeling normal and the majority of the swelling has subsided. This is approximately 1 week after surgery. Glasses can be worn until then.
5. Your face and neck will feel tight and there will be a feeling of numbness in these areas for several weeks to months after the surgery. This will disappear and the feel will return.
6. The scars and any are areas of bruising can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after surgery. This will promote early softening and maturation of these areas.
7. Cosmetics can be worn on the face as early as 3 days after surgery. However, eyelid or eyelash cosmetics should not be worn until 2 days after all the eyelid sutures have been removed. There may be a feeling of numbness of the eyelids that will subside with time.
8. Strenuous activity/heavy lifting of objects greater than 10 lbs should be avoided for 6-8 weeks.
9. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use the sunscreen with SPF 20 or greater for at least 6 months.
10. Please take all medication carefully and as directed. If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.
11. If you develop a fever (oral temperature greater than 101), redness or increased pain at the surgical incisions, please call us immediately.

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