

# For Facelift & Neck lift Pre & Post Operative Instructions

Empty the drain bulbs as shown by your recovery room nurses at the hospital. You will have a dressing with drains for the first night. These will be removed on your next day follow-up appointment. You will be instructed to wear a chin-strap for an additional few days. Watch for 'goose egg' shaped areas of swelling as these may be fluid or blood collection. Clean your incisions around the ears and apply ointment 4 times per day without pulling or moving on the ear. Get in the shower at least once a day starting 2 days after your surgery and wash your hair gently with baby shampoo. Make sure you also do this prior to your one-week appointment to help make your suture & staple removal more comfortable. Wear shirts that button down the front to prevent tearing your earlobes. **DO NOT** rub your face or neck, nor turn your head from side to side, to allow the lifted skin to adhere back down to the underlying muscles and tissue. Turn your head, neck and shoulders as one unit. For men: **DO NOT SHAVE** for 3 days before and 10 days after your facelift or neck lift surgery. You may not drive for at least one week. Call immediately if there is excess pain or swelling as this may be a sign of acute fluid or blood collection under the skin. Five to 8% of all patients will get fluid collections that need to be evacuated. **YOU MUST NOT SMOKE** or use Nicotine products for 3 weeks before and 3 weeks after surgery! Large parts of your skin will likely die if you smoke or use Nicotine, as Nicotine compromises blood flow to the skin!!! This is not something to be taken lightly! Sometimes lumps and bumps under the skin can develop that may require steroid injections.

## AFTER YOUR FACE LIFT SURGERY

- Go over your suture lines in front of and behind your ears 3 times daily with peroxide on a q-tip around the front and back of your ear. Dry with a q-tip. Then apply a small amount of Bacitracin Ointment with a q-tip.
- **DO NOT** do the above on the stapled incisions.
- You may wash your hair 2 days after your facelift. Use the Neutrogena shampoo as instructed. Comb your hair with a large toothed comb. You may use a hair dryer to dry your hair but it must be set on the cool setting.
- Continue to wash your hair daily using the Neutrogena shampoo or baby shampoo.
- **NEVER WASH** your hair the day of suture or staple removal.
- **SLEEP** on your back with your head elevated about 30-40 degrees. You are encouraged to sleep this way for approximately 10 days to minimize bruising and swelling.
- After you return the Aquacool machine. Wear your chin sling at all times for the first week. You may wear it under your cold wrap or Aquecool masque. You may take it off to shower. Then wear it only at bedtime for the second week.
- **EAT** soft foods for 1 week. i.e. (Jell-O, pudding, mashed potatoes) Chewing can cause increased pain and swelling.
- **TALKING** should be minimized. Excessive talking, laughing and chewing can cause increased pain and swelling.
- Take the **PAIN MEDICINE** prescribed as needed or Extra Strength Tylenol as needed. **DO NOT DRINK ALCOHOL** while taking the pain medication.
- You may take the sleeping pill prescribed as needed.

- To avoid an upset stomach. Eat something before taking any medication.
- **DO NOT USE make-up** for the first four days, then for another week avoid make-up directly on the healing incisions.