



# W H I T B Y

PLASTIC SURGERY

## **Post Operative Facelift/Neck Lift Instruction**

### **Pre-operative**

- Please avoid aspirin or other medication with anticoagulatory properties such as NSAIDS for 1 week before and after surgery
- Please avoid drinking alcohol for 48 hours before surgery
- On the night before surgery, please shower and wash your face, neck and behind your ears with soap and water. Be sure to wash your hair as well. Please do not put any product in your hair or on your face the night before or morning of surgery. Do not apply any cosmetics the morning of surgery

### **Post-operative**

#### ***Day of surgery***

- You will need someone to pick you up and take you home on the day of surgery. They should stay with you for the first 24 hours
- Plan on spending the first 72 hour relaxing. We will provide you with a compression garment that should be worn at all times for the first week except when you are cleaning your incision, showering, or applying Vaseline.
- You should plan on seeing us 24 hours after surgery for an initial post operative check. If any drains have been placed, they will be removed at this time.

#### ***First week***

- You should expect some pain and swelling. Swelling in the face, particularly in the neck and around the eyes can be somewhat alarming as fluid tends to pool here. There may be a degree of asymmetry to the swelling, which is normal. If one side swells rapidly and or dramatically you should contact the clinic for further instructions. Swelling usually peaks around 48-72 hours after which it should start to decrease. You may also experience bruising and discoloration extending down your chest. This is also normal and will improve with time.
- Please be sure to take your prescribed pain medications consistently for the first 24 hours.

After this you can switch to plain or extra-strength Tylenol and continue to use your prescription as needed. The pain should improve over the first 48-72 hours. If pain starts to worsen after 48 hours please contact the clinic.

-Avoid bending over, strenuous activity, heavy lifting or other activities that may acutely raise your blood pressure as this can lead to bleeding.

-Sleep with your head elevated either on 2 pillows in bed or in a recliner type chair ideally for the first week. This will help minimize swelling.

-You can place ice gel packs over the compression garment for the first 48 hours. Do not leave these on for more than 30 minutes at a time. It is not uncommon to have some numbness in the surgical area and not feel the cold like you normally would.

-Avoid standing up rapidly from a lying or sitting position. It is not abnormal to feel somewhat woozy or groggy for up to a week after surgery.

-It is important to start moving the day of surgery. This can include getting up and going to the bathroom or the kitchen table. Light walking is encouraged. Please avoid prolonged physical activity or vigorous activity for the first week.

### ***Your Incisions***

-It is not abnormal to have a small amount of bleeding from your incision sites for the first 48 hours. If this occurs, apply direct pressure for 30 minutes.

-You can gently clean your incisions with hydrogen peroxide mixed 50:50 with water on a Q-tip or gauze pad to help remove any crusted blood. After this apply a thin layer of Vaseline. You should apply Vaseline 3x/day for the first week until the sutures are removed.

-Avoid wetting the incision in the shower or bath for 72 hours. After this it is okay to allow water to run over the incisions in the shower. Afterwards pat them dry with a towel, apply Vaseline and reapply your compression garment.

### ***Diet***

-Following surgery you should gradually advance your diet from clear fluids to colored fluids over the first 24 hours. Broth or soft soups are okay the night of surgery. If you start to feel nauseous please take an anti-emetic such as gravol.

-A soft diet is advised for the first 72 hours after surgery. Following this you may advance your diet as tolerated. Please avoid using a straw for the first 72 hours.

***Things to watch out for***

-You should call the clinic if any of the following occur

- Fever not resolving with Tylenol 48 hours after surgery
- Any nausea or vomiting nor improving with gravol or other anti-emetic
- Rapid swelling, especially if this occurs just on one side
- Increased pain, redness, swelling, or foul-smelling discharge 48 hours after surgery
- If you have any difficulty breathing or become acutely short of breath please call the office immediately. If the office is closed you should go to the local emergency department.