

## FACELIFT AND NECKLIFT SURGERY INSTRUCTIONS

**You will need to purchase:** Frozen peas, antibiotic ointment (Bacitracin or Polysporin), hydrogen peroxide, Q-tips, and prescriptions.

### **Evening Before Surgery:**

1. **NOTHING** to eat, drink, or smoke after midnight. Smoking will increase the risk of skin loss around the incision areas. We expect you to stop smoking six (6) weeks before surgery.
2. Shampoo your hair and wash your face thoroughly.
3. Take medications as prescribed.

### **Morning of Surgery:**

1. Shampoo your hair (if have not done so the night before). Dry hair and comb out any tangles. Wash face thoroughly and be sure ALL make-up is removed.
2. Bring a scarf. Please wear loose comfortable clothes that button or zip up the front.

### **After Surgery:**

1. Apply ice packs or frozen-pea packs to face, intermittently, for the first 72-96 hours. Use a thin washcloth or gauze between the plastic and your skin. The first 48 hours you will want to ice mid-face area (cheeks and eyes if swollen). You will not be able to ice the neck or jaw line area until your head dressing has been removed.
2. Relax and keep your head slightly elevated. The head of your bed should be elevated. This can be done by wedging something under your mattress or sleeping in a comfortable reclining chair. Place a pillow under your shoulders and back **only** to allow your head to be slightly extended with your chin up. **DO NOT** allow your chin to go down toward your chest. This should be done for at least one (1) week.
3. Take the pain medication every three to four (3-4) hours, if needed. If you have no pain, do not take the medication. For minimal pain use Extra Strength Tylenol.
4. You will have a compressive dressing around your face/neck and a set of drainage tubes in place behind each ear following your surgery. The dressing and drains will be removed in our office on day two (2). Bring a scarf to the office at that time. Once head dressing and drains have been removed you will be given an elastic facial bandage to take home with you. You will wear this bandage as much as possible for the first week and then for an additional week at bedtime only as tolerated.
5. Using a Q-tip, in a rolling motion, cleanse area with hydrogen peroxide and antibiotic ointment three (3) times a day. Your sutures will usually be removed in stages. You will have some removed around day five (5) and then again around day (7). The sutures directly behind the ear will dissolve in a couple weeks following your surgery.
6. **DO NOT** do any bending, straining or heavy lifting. Normal, leisurely activity can be resumed in about 5-7 days. It is very important during these first few days that while you are in bed you are flexing your feet a couple times an hour to promote good blood circulation. Strenuous activities/exercising that may cause the blood pressure to rise should be avoided for two to three (2-3) weeks. You should begin resuming strenuous activities/exercise slowly.

(continued)

## Face and Neck Lift Surgery

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7. Once your dressing has been removed, you may shower and wash your hair with a mild shampoo. Your hair may be dried with a blow dryer on a cool setting only, since you may not have full sensation in the operative areas. Gently wash your face and neck at this time. Be careful when combing your hair to avoid catching your comb in the suture line.

### Other Instructions:

1. Avoid turning your head from side-to-side or up-and-down. Also avoid excessive facial movements or chewing for the first few days. A soft diet is recommended.
2. It is important that the drainage tube reservoir remains compressed to avoid any accumulation of blood in the face/neck area. It is rare that you will need to empty the drains. Drains are only to be emptied if they become half way full. If you need to empty your drain, please refer to your instructions.
3. Swelling and bruising is almost always more than you expected. Bruising usually resolves in two (2) weeks. It is not uncommon for one side of the face/neck to be more swollen or discolored than the other side; however, if pain or swelling *SUDDENLY* becomes more pronounced on one side compared to the other, call the office immediately.
4. Make-up may be applied two (2) days after your suture have been removed.

### General Information:

1. Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, tightness, and redness around the incisions are normal complaints and should go away with full healing.
2. **DO NOT** smoke. *This is very important.* Alcohol and smoking can prolong swelling and delay healing.
3. Your hair may become oily from the antibiotic ointment, and your shampoo will not remove it. Dawn (dishwashing soap) will remove it from your hair.
4. Hair coloring and permanents should be postponed until four (4) weeks after surgery.
5. Avoid excess sun exposure for six (6) months as it can cause swelling or uneven change in pigmentation. Wear a hat and #20 SPF sunscreen with both UVA and UVB protection.
6. Driving may be resumed when you are no longer on prescription pain/anxiety medication, usually within three to five days (3-5); however you should allow yourself extra drive time until tightness, swelling and discomfort when turning head from side-to-side has resolved.

### Emptying Jackson-Pratt Drains:

1. Unplug the drainage plug on the bulb.
2. Squeeze the bulb until it is empty of drainage fluid. \*Please note, drainage will be blood tinged.
3. Press the center of the bulb to expel air.
4. When bulb is collapsed, inset the plug back in to the drainage hole.

Drains are tubing with small clear bulbs attached to one end that will be pinned to the top of your head dressing. Drains will be removed along with your head dressing at your first postoperative visit, usually in two (2) days. If your surgery is on a Friday, Dr. Hobgood will telephone you over the weekend to set up a postoperative appointment for the Sunday following your surgery.

**Please do not hesitate to call Dr. Hobgood if you have any questions or concerns.**