



HOBGOOD FACIAL PLASTIC SURGERY
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Facelift/Necklift Surgery Instructions

YOU WILL NEED TO PURCHASE: FROZEN PEAS, ANTIBIOTIC OINTMENT (BACITRACIN/POLYSPORIN), HYDROGEN PEROXIDE, Q-TIPS, PRESCRIPTIONS.

Evening Before Surgery

1. **DO NOT SMOKE, EAT OR DRINK (including water) ANYTHING 8 HOURS PRIOR TO SURGERY.** This includes gum, candy, mints, etc. Smoking will increase the risk of skin loss around the incision areas. **YOU MUST STOP SMOKING SIX (6) WEEKS PRIOR TO SURGERY.**
2. Shampoo your hair and wash your face thoroughly.
3. Take medications as prescribed.

Morning of Surgery

1. Shampoo hair (if not done the night before). Dry hair and comb out any tangles. Wash your face thoroughly, ensuring ALL makeup is removed.
2. Bring a scarf to surgery. Please wear loose, comfortable clothes that button or zip up in the front.

After Surgery

1. Apply ice packs or frozen pea packs to face, intermittently, for the first 72-96 hours (3-4 days) after surgery. Use a thin washcloth or gauze between the plastic and your skin. Ice the mid-face area (cheeks and eyes if swollen) for the first 48 hours after surgery. 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 your pain medication every four to six (4-6) hours as directed, if needed. If you have no pain, do not take the pain medication. If you have minimal pain, you may take 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 the day after your surgery. 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 the area with hydrogen peroxide and apply antibiotic ointment three (3) times daily. Your sutures/staples will be removed in a series of appointments after your surgery. The sutures behind your ears will dissolve in a couple of weeks after your surgery.
6. **DO NOT** do any bending, straining, or heavy lifting. Normal, leisurely activity can be resumed in about five to seven (5-7) days. It is very important during these first few days to flex your feet a couple of times per hour while in bed to promote good blood circulation. Strenuous activities/exercise that may cause blood pressure to rise should be avoided for two to three (2-3) weeks. You should begin resuming strenuous activities/exercise **SLOWLY**.
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 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, 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 halfway full. If you need to empty your drains, please refer to the instructions at the bottom of this page.
3. Swelling and bruising may be more than anticipated. 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 and/or swelling **SUDDENLY** becomes more pronounced on one side compared to the other, call our office immediately.
4. Jane Iredale makeup may be applied two (2) days after sutures are removed.

General Information

1. Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, tightness, and/or redness around the incision sites are normal complaints and should diminish 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. Remove any antibiotic ointment from hair using Dawn dishwashing soap.
4. Hair coloring and permanents should be postponed for 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 an SPF of at least 20 with both UVA and UVB (broad-spectrum) protection if you must be exposed to the sun.
6. Driving may be resumed when you are no longer on prescription pain and/or anxiety medication, usually within three to five (3-5) days post-operatively, 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 bulb until it is empty of drainage fluid. ****Please note drainage fluid will be blood-tinged.****
3. Press the center of the bulb to expel air.
4. When bulb is collapsed, inset the plug back into 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, along with your head dressing, will be removed the day after your surgery.**

Please don't hesitate to call the office, day or night (there is an on-call physician outside of our office hours) at 480-214-9955 for any active bleeding, persistent vomiting, or a persisting fever that does not come down with the proper use of post-operative prescription medications or Tylenol.