

Face and Neck Lift

ITEMS NEEDED:

- Colace Stool Softener (OTC)
- Tylenol/Acetaminophen
- Vaseline
- Vinegar

BEFORE SURGERY

- You may bathe the night or morning before surgery and use Dial antimicrobial bar soap. Please do not wear any lotions, makeup, or products afterwards. Please remove jewelry and nail polish.
- Stop taking NSAIDs (Ibuprofen, Motrin, Aleve, Aspirin) and Vitamin E, fish oil, and Omega vitamins two weeks before your surgery as these may increase your risk bruising and blood loss. Additionally, do not drink alcohol for at least 2 days before your procedure and 5 days afterwards.
- Please fill your prescriptions and bring all medications with you to your surgery.
- Do not eat or drink anything 8 hours prior to your procedure.
- Wear slip-on shoes and loose-fitting clothing. Clothing with front closures like zippers or buttons and sweatpants are preferred.
- Please make arrangements for time off of work for at least 1 week

ACTIVITY

- For general anesthesia recovery, stay in the company of a responsible adult the first 24 hours.
- If you have drains in place, do not shower until drains are removed. See separate instruction for detailed drain care instructions. Expect these drains to be in place for at least 7 days.
- Keep your head elevated for 2 weeks following surgery. This can be done by either sleeping in a recliner tilted at 45 degrees or sleeping with two pillows underneath the head. Avoid rolling onto your face. Sleeping on your back for the first two weeks after surgery helps to ensure this.
- Rest at home for a few days following surgery.
- Short walks are permitted and encouraged after your procedure.
- Tennis, jogging, aerobics, and other vigorous sports may be resumed approximately 6 weeks after surgery.
- No head turning activities or exercises for 4 weeks.
- No “pull-over” clothing for 2 weeks.
- No hair coloring for 4 weeks after surgery.
- If you are unsure, please ask Dr. Parikh before assuming an activity is resumed.

Too Much Activity in the Immediate Postoperative Period Will Result in Excessive Swelling and Possible Bleeding.

CLEANING

1. Clean incisions daily with 3 to 1 solution of vinegar and water with a Q-tip. After cleansing you may apply Vaseline ointment.
2. If you do not have drains in place, you may shower after 72 hours.
3. Be sure to immediately report any signs of infection, redness, fever, bleeding that persist after ten minutes of direct pressure, or unusual drainage or pain.

EXPECTATIONS

- *Sutures:* Your stitches will need to be removed between 7-10 days after surgery. We will help coordinate a time to remove these with you.
- *Swelling:* Swelling varies from patient-to-patient as well as side-to-side. Swelling may increase the first three to four days before subsiding. Most of your swelling should resolve over the first two to three weeks. Do expect, however, to have minor fluctuations in the remaining swelling over the course of the next two to three months. Things to do to minimize this swelling include keeping your head elevated as much as possible over the first two to three weeks; avoid bending over or heavy lifting for the first three weeks and avoiding prolonged sun exposure for the first two to three months.
- *Bruising* will vary like swelling from person to person as well as side-to-side. Most bruising and discoloration should resolve over the first two weeks. Make up, with permission, can be applied ten days to two weeks after surgery.
- *Results* may take much longer than expected and are worth the wait. While swelling should be completely gone after four to six weeks, your healing will continue for the entire first year. I will follow you through this entire process, but please have patience.
- *Sensation:* Most of your face will be numb following surgery. This is normal and will subside over the coming weeks to months. Unusual sensations, pins and needles, and occasionally mild discomfort may occur as these nerves regenerate over time.

SCAR

- After about 3-4 weeks, your incisions are beginning to close and heal. Once the skin is closed, we recommend using silicone-based scar cream or sheeting to improve the appearance of scars. We carry Silagen which is 100% medical grade silicone and is available in our office. We highly recommend using this product for at least 8 weeks.
- Please make sure to wear sunscreen with an SPF greater than 30 for long-term scar care. This is a lifelong recommendation and will significantly improve appearance of scarring.

PLEASE CALL THE OFFICE IF YOU EXPERIENCE:

- A temperature greater than 101 degrees.
- A sudden increase in drainage, pain, or swelling at the incision site or the surrounding area.
- If you have persistent vomiting, have a pharmacy number so a script can be called in.
- Any questions regarding your care.

You may contact Dr. Parikh directly if you experience an urgent question or concern after hours.

IF YOU HAVE A LIFE-THREATENING EMERGENCY CALL 911 AND/OR GO TO THE NEAREST HOSPITAL