

FACE/NECK-LIFT (Mini-incision/full) PATIENT INSTRUCTIONS

With the increase in our life span and our greater concern for looking younger, facial surgery has become a commonplace procedure. The psychological, social and occasional economic advantages that can result from this surgery have stimulated its popularity. Patients often state that they have received as great a "lift" inside, as well as outside.

The operation is helpful in reducing wrinkles and deep folds of the cheeks, neck and jowls. It is very helpful in the chin area. It is of some help in reducing wrinkles in the side of the forehead and around the eyes. The procedure is most effective in reducing deep folds and removing excess skin. Finer wrinkles are not completely removed by this procedure and are best treated by a chemical, mechanical, or laser face peeling, as are other quality concerns of the skin. The procedure is done in the office, commonly using combination oral sedation with local anesthesia.

* Please arrive 30 minutes prior to the scheduled procedure time so that medications may be given.

INSTRUCTIONS PRE-OP:

1. Please do not wear make-up and/or jewelry on the day of your procedure.

Please be prepared to remove your contact lenses before surgery or wear glasses preferentially. Wear clothing that buttons down in front (no pullovers). **Avoid aspirin**, aspirin containing products, **Plavix, Advil, Nuprin, Motrin, ibuprofen** and **Ginkgo** for *2 weeks before* and *48 hours after surgery*.

Avoid drinking alcoholic beverages, smoking and Vitamin E (or fish oil vitamin products with Vitamin E) for *2 weeks before* and *after surgery*.

Take your other usual daily medications in the morning with a sip of water (unless directed otherwise). Please arrange to have a responsible adult drive you home after surgery and stay with you that evening. Do not cut your hair before surgery. Hair should actually be longer than usual.

Men should not shave the day of surgery so as to maintain a light shadow of the beard line. You may have a light breakfast the morning of surgery.

Wash your face, neck and hair thoroughly with **Betadine or Hibiclens or similar anti-bacterial shampoo** the night before and on the morning of surgery.

2. PRE- AND POST-OP MEDICATIONS:

Ø **Duricef:** Take *1 tablet in the morning* and *1 tablet in the evening* starting the morning of the procedure for *5 days*.

(or Ø **Zithromax:** Take *2 tablets the morning of the procedure*, then continue *1 tablet daily* for *4 days*.)

Extra-strength Tylenol or Tylenol #3 (or equivalent), but not both at same time: Take *1-2 tablet/s every 4-6 hours* after surgery as needed for pain.

Dalmane / Halcion / Valium or equivalent: Take *1 tablet at bed-time* starting after surgery if needed to aid sleep.

POST-OPERATIVE CARE:

1. Apply **iced compresses 5-15 minutes per hour until bed-time** on the day of surgery, over your stitch (suture) lines (that are covered by dressings) and your cheeks to reduce swelling, discomfort and any discoloration (bruising). Continue ice compresses on the following day, 5-15 minutes per hour.

2. You will return the Ø next day or in Ø _____ for dressing removal and evaluation. Please keep the dressing dry until then.

3. After your dressing has been removed, begin *twice daily* wound care that evening, as follows (unless directed otherwise).

Usually, no dressing is needed; however, we ask that you continue to use your face/head wrap for the next 5-7 days.

Gently cleanse the suture line with **hydrogen peroxide soaked cotton-tipped applicators sticks** (i.e. **Q-tips**) or **gauze**. Attempt to remove any crusting or not to allow crusting/scabbing to form on the suture line, by gently, repetitively rolling back and forth several times the moistened Q-tip over the suture line. (Never place a used applicator stick back into the hydrogen peroxide.) With a new and dry Q-tip or gauze, dry the suture line.

With another Q-tip, apply a thin layer of **Bacitracin or Polysporin antibiotic ointment** (or equivalent), to the suture line. Attempt to keep suture line continuously covered by above ointment while healing, (until sutures are removed or dissolve).

4. You can shower and gently wash your hair on the evening of the day following surgery, (after your dressing has been removed in the office), but do not bend over. You may use your regular shampoo/soap. When showering, avoid the shower from forcefully beating directly on your suture lines for the *first week*. Repeat wound care after showering. You may also gently brush your hair as needed.

If a hairdryer is used, it must be kept at a *cool setting*. Also, avoid salon-type hairdryers or curling irons for *2 weeks* after surgery.

No colors or perms for at least *1 month* after surgery.

5. Cosmetics can be re-started to most areas after several days if so desired (unless you also had a simultaneous chemical or laser peel). However, make-up cannot be used to cover the suture line until the sutures are gone and any crusting has resolved.

6. Sleep on your back with your head elevated on a few pillows for several days and avoid bending down/over from the waist for the first week to prevent or decrease swelling. (If you must bend, do so from your knees, keeping your trunk and head relatively upright.)

It is especially important to avoid any unnecessary turning of your neck for *1-2 weeks*. Move your head from shoulder to shoulder, if turning is necessary. Avoid the chin-to chest position for *1-2 weeks*.

7. Minimize activities for *1 week* and avoid any strenuous exercise or activities for the next *1 month*.

8. If any dissolvable sutures (stitches) are used, they usually dissolve in about *1-2 weeks*.

Otherwise, sutures will be removed in *7-10 days* after surgery. If any staples were used they are usually removed in *10-14 days*.

This is a usually a painless procedure, but if you are apprehensive, take one of the pain pills before coming to the office.

9. Avoid drinking alcohol and smoking for *2 weeks* after surgery.

10. Your face should be protected from the sun until all post-operative swelling and any numbness has resolved, usually within 2-3 months. Until then, use **SPF 30 or > sunscreen daily** and as needed.

11. You can resume swimming *2 days after all sutures/staples are removed*.

POST-OP COURSE/EXPECTATIONS:

Usually, swelling with some black and blue discoloration will occur with this operation. The dressing(s) and ice compresses should help to reduce these changes, which generally peak in *24-48 hours*, and subside over *7-10 days*, although several weeks may be required for complete resolution of the swelling. Any numbness which may occur also can last for several weeks or more, gradually decreasing before returning to normal.

Most patients return to work (indoor office-type work) in *7-10 days* after the surgery.

The incision lines may be red for several weeks to months after surgery, but these lines will gradually fade and usually can easily be covered by the hair and/or by makeup. There may be some discomfort along the incision. Extra-strength Tylenol or the pain medication prescribed for you, should readily eradicate any discomfort.

If there is any undue pain or swelling, please contact our office. Bleeding after surgery is rare, but should it occur, apply firm uninterrupted pressure with a clean gauze or towel to the wound for 15 minutes. If bleeding has not stopped at this time, call our office or go to the *nearest* emergency room.

If swelling, redness, and/or tenderness of the surgical site persist for more than a few days or increase after a few days, contact our office as this could represent a wound infection. Similarly, please contact our office for any unusual swelling or discoloration under the skin, as this could represent the presence of a hematoma.

If prescribed an antibiotic, take it until gone. Take all medications as directed. If you experience any side effects (rash, diarrhea, nausea or vomiting or other), call the office.

FOLLOW-UP CARE: Please schedule follow-up appointments for the day after and 7 days after your procedure.

If you have any questions or concerns, please do not hesitate to contact our office, **Robert B. Strimling, MD & Associates @ (702) 243-6400**