



NORTHEAST PLASTIC SURGERY
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Facelift and Necklift

Post-operative Instructions

- ▶ You will go home the same day. Please ensure that an adult great than 18 years of age takes you home and stays with you for the first 24 hours following surgery.
- ▶ When you awake from the operation, you will have drains behind your ears. These will be removed 1-3 days after surgery. You will have a dressing around your head and neck. Your surgeon will remove the dressing 1-3 days after surgery and will replace it with a new loose dressing wrap following removal of the drains.
- ▶ Avoid lifting your chin above the neutral position or turning your head from side to side to keep from stretching your surgical site. It is preferable to keep your neck bent down slightly while you are recovering.
- ▶ It is common for patients to feel somewhat nauseous following their operation, so eat small, light meals until you feel well.
- ▶ Please apply antibiotic ointment twice daily along your incisions for 1 week.
- ▶ Narcotics can make you feel nauseous if you take them on an empty stomach, so take them with a small amount of food.
- ▶ You have received prescriptions for _____ as an antibiotic and _____ for pain relief. You may alternatively take Tylenol for pain relief. Please take Colace as a stool softener to limit constipation.
- ▶ Avoid the following anti-platelet agents until at least your first post-op appointment, including, but not limited, to: ibuprofen products (Advil, Motrin), Aleve, Naprosyn, Celebrex, Toradol, fish oil, herbals, and supplements including those containing Vitamin E, as they result in a higher risk of bleeding.
- ▶ If you are taking the following blood thinners or anti-platelet agents, you should have already obtained instructions pre-operatively when they may resume, but please discuss with your surgical team: aspirin, Coumadin (warfarin), Lovenox, Plavix, Pletal, Effient, Aggrenox, Pradaxa, Savaysa, Xerelto, Eliquis, or Brilinta.
- ▶ Do not consume alcohol for 2 weeks following surgery, and especially when utilizing pain medications, muscle relaxants, anti-anxiety medications, sleeping pills, or other sedatives.

- ▶ Your face will be quite swollen and somewhat bruised following the operation. To reduce the swelling, expedite your healing, and achieve optimal results:
 - ▶ Sleep with your head elevated for 1 week or until your swelling has resolved.
 - ▶ No strenuous activity or exercise for 4 weeks.
 - ▶ No bending with your head below your knees for 4 weeks.
 - ▶ Avoid extremely salty foods like soy sauce, processed meats, and salty soups for 2 weeks.
 - ▶ Do not go into steam rooms or saunas for 2 months.

- ▶ It is okay to shower below the neck 1-2 days following your operation, but just allow the water to run over your incisions and do not scrub your wounds. A full shower is acceptable 1 week following surgery.
 - ▷ Use Johnson's Baby Shampoo to limit irritation

- ▶ Do not apply makeup over your wounds for 2 weeks.

- ▶ Eat soft foods for 1 week following your operation to reduce the stretch on your neck and face.
 - ▷ Do not chew gum for 3 weeks.

- ▶ Less talking for 5-7 days.

- ▶ Avoid sun exposure to your incisions for 2 months, and apply sunscreen (at least SPF30).

- ▶ No driving while you are on narcotics, or until you are able to react to an emergency situation.

- ▶ Please refrain from nicotine-containing products for at least 4 weeks following your surgery. Nicotine reduces circulation and can therefore result in wound healing impairment.

- ▶ It is common to have decreased sensation around the surgical sites, so be very careful to not burn yourself if you use a hairdryer.

- ▶ Every patient and procedure is unique. However, please alert us if you observe any of the following and are concerned:
 - ▷ temperature $\geq 101.4^{\circ}\text{F}$
 - ▷ increased redness at the surgical site or adjacent site(s)
 - ▷ worsening bruising at the surgical or adjacent site(s)
 - ▷ blisters at the surgical site(s)
 - ▷ increased swelling or size leading to significant and sudden asymmetry
 - ▷ unremitting or increasing pain at the surgical site(s)
 - ▷ significant drainage at the surgical site