



What To Expect Following Facelift/Necklift Surgery

This Document explains Dr. Cooper's specific Instructions for Pre and Post-Operative Care. We require that these Instructions, Dr. Cooper and our Office Staff are the only resources for your Pre and Post Operative Care Instructions. The Internet, other Physicians, Family Members and Friends are not resources for information and instructions for Pre and Post Operative Care. Please review these Instructions prior to contacting our office with questions and please do not contact our office to ask about instructions or recommendations given by any other source.

Recovery Immediately Following Surgery:

- Immediately after surgery you will have a short recovery with our Registered Nurse.
- Our Registered Nurse will review postoperative care instructions with you and the individual taking you home while you recover, including instructions for best practices regarding icing for areas of swelling, head of bed elevation, drain management, when to remove specific bandages or garments and medication regimen.

Instructions for Recovery At Home:

- Please keep head elevated when lying down to prevent swelling for four to five days following surgery. Please avoid using more than one pillow or neck pillows (airplane pillow) as they put pressure on your ears. You may use firm towels or blankets behind your head.
- Do not flex your neck because this can compromise circulation to your neck skin and effect incision healing.
- For the first 24 hours after surgery only get up for meals and to use the bathroom.
- You may go to the bathroom with assistance on the first postoperative day and as desired thereafter.
- If you have drains, they will most likely be removed during your office visit the day following surgery.
- Your head dressing will be removed and replaced with a head/neck strap during your office visit the day following surgery.
- Wear your compression stockings overnight after your surgery and then you may discard the next day.
- Maximal swelling is 2 to 3 days following surgery.
- Ice can be applied to decrease swelling, but it will not eliminate swelling entirely. Ice 15-20 minutes on the hour for the first 2 to 3 days. **Do not place ice directly on the suture line.** Please use a barrier such as gauze/paper towel.

Postoperative Wound Care

- The first dressing change is after 24 hours in our office, the incisions will be inspected by Dr. Cooper and our Nurse. Drains will be removed, and a chin strap will be applied. The chin strap is to be worn at all times the first week post-surgery. You may take breaks while eating, showering, and if needed throughout the day. The second week the chin strap is to be worn at bedtime. If the chin strap irritates you, please let our nurse/office know.
- A small circular Band-Aid will be placed behind each ear after the drains are removed. **Please remove both Band-Aids 48 hours** after they are placed and keep the drain site open to air.
- You may shower 24 hrs after surgery, allowing soap & water to gently run over incisions; avoid rubbing or scrubbing.
- **Do not** apply any creams or ointments (ex. Bacitracin or Neosporin) to your incisions. Keep them clean and dry. Keep face moisturizers, sunscreen, make- up etc. away from the incision sites.
- Sutures in front of the ear are typically removed around 1 week after surgery and sutures behind the ears are trimmed around 14 days. Occasionally not all sutures are ready to be removed and we will have you come back for an additional appointment.

Medications:

- We will prescribe you antibiotics and pain medications, which should be picked up from your pharmacy prior to your surgery; you do not need to bring your pain medications to the office on the day of surgery. Medications are typically called in Thursday or Friday the week prior to surgery.
- You can take Advil, Motrin, or Ibuprofen 24 hours after your surgery.
- You can start Tylenol when you get home from surgery. Avoid taking Percocet/Vicodin and Tylenol together. Space at least 4 hours apart; they both contain acetaminophen.
- We advise you to discontinue pain medication when possible, Pain medication will make you constipated. You should take a stool softener such as Colace as directed by the packaging while taking narcotic pain medications (Percocet/Vicodin); you should start taking stool softener 2 days prior to surgery. **DO NOT take a laxative.**

Diet Following Surgery

- Start with bland food/drink; if tolerated return to regular diet. Avoid acidic food/drink for 24 hours.
- Have some soft foods at home (low in sodium). Soft foods such as yogurts, puddings, ice pops, soups, scrambled eggs, apple sauce etc are good since your jaw may be sore post-surgery.
- Drink plenty of fluids for the next 24 hours to hydrate and help flush anesthesia medications out.

Activity Following Surgery

- For the first 24 hours after surgery only get up for meals and to use the bathroom. After 24 hours you can shower and be up as desired.
- No heavy lifting (greater than 10 pounds) or bending over or strenuous activity for a period of 3-4 weeks. This may increase pressure, pain, and swelling.
- In order to prevent blood clots, it is important for you to walk around at home a few times a day.
- Please avoid any activity that raises your heart rate or causes you to break a sweat until you have been cleared to resume your normal activities.
- Do not drive until the later of 3 days or until you have stopped taking pain medication.
- Rest and take naps as needed throughout the day. You may feel tired the first few weeks after surgery.

Personal Care Following Surgery

- You can shower and gently wash your hair with gentle shampoo the day following surgery. Avoid hard scrubbing on incisions.
- Do not blow dry your hair for 2 weeks following surgery. At that time use a blow dryer on a very low heat setting.
- You may dye your hair 6 weeks after surgery.
- You may wear earing's 4-6 weeks after surgery.
- You can wear makeup 5 days after surgery but do not apply make up near your incisions for 2 weeks following surgery.
- No massages or lying face down for a period of 4 weeks or when Dr Cooper clears you to do so.

Call the Office at (561) 406-6574 if you have any of the following:

- A fever greater than 101°F, a large bulge in your neck, chills, nausea, vomiting, shortness of breath, leg pain, increased incisional pain not relieved with pain medication; if you notice signs of wound infection (redness/tenderness at or puss discharge from your incision); or if you have other concerns.
- Please call 911 or go to the closest hospital Emergency Room for any life threatening emergencies.

Post Operative Follow Up Office Visits:

Follow Up Visit #1 (Postoperative Day 1): ___/___/___ ___:_____ (AM / PM)

- You will return to our office the day following your surgery for drain removal in your neck
- You face lift bandages will be removed on Postoperative Day 1, depending upon your specific surgical details we may recommend you wear an elastic neck compression garment for an additional 5 days

Follow Up Visit #2 (Postoperative Day 6): ___/___/___ ___:_____ (AM / PM)

- On Postoperative Day 6, sutures from in front of your ears will be removed

Date _____ Time _____ AM/PM X_____

Signature (Patient/Health Care Agent/Guardian/Family Member) (If patient's consent cannot be obtained, indicate reason above.)