

## FACIAL AND NECK SURGERY POST-OP INSTRUCTIONS

### (Facelift, Cervicoplasty, Forehead Lift, Brow Lift)

#### General Discharge Instructions:

1. The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. **Therefore you should not:** stay alone, drive a car, operate machinery, power tools, drink alcohol including beer, make important decisions or sign legal documents.
2. Eat a light diet following surgery. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, nonacid juices).

#### Medications:

-You will receive prescriptions the morning of surgery and they will be sent to the pharmacy of your choice.

-Be sure to eat something substantial prior to taking your pain medication and antibiotic, as both can be nauseating and hard on your stomach.

-Initially, take your pain medication and antibiotic 2 hours apart. If you were to become nauseated or have a reaction, you would know which medication you may not be tolerating.

-Take pain medication and muscle relaxer 2-4 hours apart.

-ALL narcotic medication can cause constipation following surgery. You may buy Metamucil, Milk of Magnesia, Correctol, or Dulcolax suppositories. All are available without a prescription at the pharmacy. **DO NOT** allow yourself to have any problems with constipation.

-Resume all your regular medications after surgery

**-Absolutely NO aspirin products for 7 days or ibuprofen products for 5 days.**

**-Tylenol and ibuprofen products-** once you're no longer needing to take your Narcotic pain medication (which contains Tylenol), you can start to incorporate Tylenol for pain. **5 days after surgery**, you can start to incorporate Ibuprofen if needed for pain.

#### Activity:

-Be sure to get plenty of rest to allow your body to recuperate faster. However, it is important that you get up and walk around your house at least every 2 hours during the day to prevent developing a blood clot.

-It is best to rest in an upright position for comfort and to decrease swelling. You can either rest in a recliner or in bed with 2-3 pillows behind your back.

-Avoid bending over or lifting heavy objects or straining for 1 week.

-Soft diet-limit chewing: Soups, smoothies, jello, pastas, mashed potatoes. Drink plenty of fluids.

-You can resume sexual activity at least 2 weeks after surgery, or when it is no longer painful.

-You may drive after 1 week if you are not taking narcotic pain medicine.

-Housework 2-3 weeks.

-You can return to work within a week as long as you have a job that does not involve heavy lifting.

-Exercise 4 weeks.

**Garment:**

-The type garment provided will be at the discretion of the surgeon based on your procedure and body type.

-Once your head dressing is removed at your first post op appointment, you may be given a neck/chin strap garment (See How to wear your Chin/Neck Garment video), along with a foam piece for compression and neck support.

**Wound Care:**

**-If you have a drain, see also How to Care for Your JP Drain Instructions and Video.**

-DO NOT get your head dressing wet. DO NOT remove your head dressing. This will be removed at your first post Op appointment (see Follow Up below).

-Wear loose fitting clothing, button down shirts to avoid bumping your face.

-Once your head dressing has been removed at your first post op appointment, wash over incisions gently with soap and water 2-3 times daily and apply bacitracin ointment. If incisions develop scab or crust soak with a warm, wet washcloth and gently dab away crust.

-After sutures are removed, we apply steri-strips over the incisions. Leave them on for 1 week. They do not need to be replaced if they fall off sooner. It is okay to get these steri strips wet.

-After 1 month, begin massaging the incisions with a pressing motion frequently every day until incisions are smooth and flat. Keep areas out of the sun for 4 months. Use a sunscreen of SPF #30 or higher.

**When to call the Doctor:**

-If you experience any signs of infection, fever of 101.0 or higher, redness/heat, purulent/odorous drainage

-If you have any problems call our office at 937-886-2980.

**Follow up:**

-Your follow up appointment can be made ahead of time, for 2-3 days post op depending on the day of your surgery and one week post op following your surgery date. There may be stitches removed at this time.

-Bring a scarf with you to your first post op visit to wear home after the dressing is removed. After your head dressing is removed, you may go home and wash your hair with regular shampoo.

**For Your Comfort:**

-In preparing for your arrival home after surgery, set up the area where you will be resting with pillows, linens, and supplies needed for your specific surgery.

-Rather you are going to be lying in bed or a recliner (this is best if you have one available), have plenty of pillows to rest with your head elevated, on an old pillowcase, towels, etc. as drainage may occur beyond the dressings.

-Have something to drink within easy reach, drink plenty of fluids following surgery to stay well hydrated.