

FACE AND NECKLIFT SURGERY INSTRUCTIONS

You will need to have available for after surgery:

1. Antibiotic ointment located over the counter (Bacitracin or Polysporin)
2. Ice packs or frozen peas
3. Q-tips
4. Hydrogen peroxide
5. Cetaphil soap (gentle soap or cleanser located over the counter)
6. Aquaphor ointment (located over the counter)
7. Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to help reduce facial/neck swelling) 4. Anti-nausea medication 5. Stool softener

****you are required to have a caregiver/driver, and it would be recommended to have a caregiver for the first 24 hours**** You are required to see Dr. Bradford the day after the procedure in the office, and you may need assistance for this early postoperative appointment

Six weeks before surgery:

We expect you to stop smoking at this time. Smoking will increase the risk of skin loss around the incision areas.

One week before surgery:

All aspirin and aspirin-like products (Ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of medications containing aspirin and aspirin-like products.) ***Please let the doctor know if you must continue these medications.***

2 days before surgery:

Please stop all Retin-A creams 2 days before surgery

Night Before surgery:

No food or drink including water, juice, coffee, or any type of mints or chewing gum after Midnight the night prior to surgery

Morning of surgery:

1. Shampoo your hair – if not the night before – and wash face thoroughly. Dry hair and comb out any tangles. **Be sure all make-up is removed.** Do not apply and makeup, creams, or products to face or hair.
2. Bring scarf to surgical center, if desired.
3. Wear comfortable clothing, a zip up or button up jacket or shirt is ideal. No tight-fitting neck shirts or sweater
4. Remove your contact lenses. You will not be able to wear them immediately post-operatively. Do not wear any jewelry.

After surgery:

1. Apply ice packs or frozen peas (placed in a Ziploc bag) to face, intermittently— 20-30 minutes on and then 20-30 minutes off-- for the first 72 hours. Use a thin washcloth or gauze between the plastic and your skin.
2. Relax and keep your head slightly elevated. Place a pillow or two under your shoulders and back to allow your head to be slightly extended with your chin up. **DO NOT** allow your chin to go toward your chest. This should be done for at least 1 week. You may rest in a comfortable reclining chair during the day. Keep your head elevated above your chest at all times to reduce swelling and bruising.
3. Avoid any type of straining, bending, or heavy lifting for at least 72 hours. While in bed, flex your feet a couple of times an hour to promote good blood circulation.
4. Take the pain medication every 4-6 hours, if needed. If you have no pain, do not take the medication. Always take narcotic pain medicine with some food to decrease nausea. For minimal pain use Extra Strength Tylenol only. **DO NOT** any aspirin or aspirin-like products.
5. Avoid turning your head from side-to-side or up-and-down. Also avoid excessive facial movements or excessive chewing for the first few days. A soft diet is best.
6. You can expect swelling and bruising of the face and neck. If the swelling on one side is suddenly more pronounced than the other side, **call the office immediately.**
7. ***Do not smoke. This is very important.*** Alcohol and smoking can prolong swelling and delay healing.
8. The doctor may insert a drain behind each ear. This helps avoid accumulation of body fluids in the face and neck area. If there is a drain reservoir, it is important that the reservoir remain compressed and under negative pressure. It is rare that you will need to empty the drains, but in case this occurs, please empty the drain as needed and instructed. Your recovery room nurse will review this with you and your caregiver before you leave the surgical center the day of your surgery. When a drain is placed, it will be removed at the same time as the compressive head dressing.
9. Patients are generally seen in the office the next day to remove the drains and remove the main dressing.

Continued-After Surgery Instructions:

1. You may shower and wash your hair with a mild shampoo 48 hours after surgery. Your hair may be dried with a blow dryer on a cool setting only since you may not have full sensation in the operative areas. Gently wash your face and neck at this time. Be careful when combing your hair to avoid catching your comb in the suture line.
2. **FOR THE INCISIONS TO THE FACE/IN FRONT AND BEHIND OF THE EARS:** Clean all incision lines with hydrogen peroxide using a Q-tip. Then apply antibiotic ointment using a Q-tip 3 times a day. Keep the wounds moist with a thin layer of ointment. Incision location: in front of the ear, behind the ear which will extend into the scalp

3. Contact lenses may be worn one week or 5-7 days after surgery.
4. Make-up may be worn 12-14 days after surgery is completed.
5. Hair coloring and permanents should be postponed until 4-6 weeks after surgery.
6. All normal activities may be resumed after 3 weeks. Sexual activities may be resumed after 14 days. You may drive when your vision is clear, swelling has subsided, and you are not taking prescription pain medication.
7. Swelling and bruising is almost always more than you expected. It is not unusual for one cheek to be more swollen or more discolored than the other. Your cheeks may be bruised. This will gradually subside and improved in two (2) weeks. You may wear dark glasses to protect your eyes from irritation of wind, sun, and to partially mask the bruising.
8. Avoid excess sun exposure for 3 months as it can cause swelling or uneven change in pigmentation. Wear a broad brimmed hat and 30 SPF sunscreen with both UVA and UVB protection.

General information:

1. Swelling and bruising will probably be more than expected. It may extend into the neck area and onto your cheeks.
2. Some stitches will be removed about the 7th day, and the rest will be removed the second week (day 10 or 14). It is generally not painful.
3. Your face and neck may feel tight, and there may a feeling of numbness in the cheek and ear areas for several weeks. The chin area will feel tight and numbness also for the first few weeks. This will disappear and return to normal over the first 6-12 weeks.
4. Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, tightness, and redness around the incisions are normal complaints and should go away with full healing.
5. Note: Your hair may become oily from the antibiotic ointment, and your shampoo will not remove it completely from your hair.
6. Vomiting and retching is not good for facial surgery. Report this to your doctor immediately.
7. You can expect bruising, swelling and some bleeding from the incision lines. **Please call the office if you experience continuous bleeding, severe pain (particularly on one side), vision changes/loss or sudden increase in swelling beyond the first few hours.**

Please do not hesitate to call Dr. Bradford if you have any questions or concerns. Office (775) 588-5000. If after hours or weekend concerns arise, please call or text Dr. Bradford at (530) 721-6052.