

# MINI-FACELIFT/NECKLIFT POST OPERATIVE 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. Purpose or Cetaphil soap (gentle soap or cleanser located over the counter)
6. Prescriptions: 1. Pain medication 2. Oral Antibiotic 3. Medrol dose pack (short course of oral steroids to help reduce facial/neck swelling)

**\*\*you are required to have a caregiver to assist you home after completion of the surgery and for the first 24 hours and you will need assistance for the first 24 hours at home with dispensing medications, showering, preparation and eating meals/drinks, etc.\*\***

## **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 12 hours prior to the 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** take 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. We will see you in the office the next day to change your facial dressings.

### **Continued-After Surgery Instructions:**

1. Once your dressing has been removed on POD#1, you may shower and wash your hair with a mild shampoo. 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. **CLEANING FACIAL INCISIONS: Located IN FRONT AND BEHIND 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, under the chin.
3. Make-up may be worn 12-14 days after surgery is completed.
4. Hair coloring and permanents should be postponed until 4-6 weeks after surgery.
5. All normal activities may be resumed after 2-3 weeks.
6. 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.

### **General information:**

1. Sutures will be removed at 1 week, and the rest of the sutures/clips will be removed the second week (10-12 days). It is generally not painful.
2. Your face and neck may feel tight, and there may be a feeling of numbness in the cheek and ear areas for several weeks. The chin area will feel tight and numb also for the first few weeks. This will disappear and return to normal over the first 6-12 weeks.
3. Numbness, tingling, swelling, itching, discoloration, bumpiness, hardness, crusting, tightness, and redness around the incisions are normal complaints and should go away with full healing.
4. Note: Your hair may become oily from the antibiotic ointment, and your shampoo will not remove it completely from your hair.
5. Vomiting and retching is not good for facial surgery. Report this to your doctor immediately.
6. 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 you have any questions after hours or on weekends, please call or text Dr. Bradford on his cell at (530) 721-6052.**