

AESTHETIC MAXILLOFACIAL, FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

PATIENT GUIDE TO FACE/NECK LIFT CARE

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PRE-OPERATIVE CHECKLIST:

- Do not eat or drink anything for **8 (eight) hours** prior to your surgery. Sips of water to take regular medications are allowed.
- Do not wear make-up, jewelry, or contact lenses the day of surgery. Leave valuables at home.
- A responsible adult must accompany you and be available to drive you home after your surgery.
- Wash your face with **Hibiclens** soap at bedtime and in the morning just before coming to the surgery center. Do not apply lotions or conditioners to the clean skin.
- If possible, obtain your suture line care materials, heating pad, prescriptions etc. before the day of surgery.
- Take your vitamins (vitamin A, C and bromelain) as directed.
- You should **not take aspirin**, (e.g. anacin, bufferin, excedrin, cold medications), **garlic, vitamin E or Ginko biloba** FOR AT LEAST TWO WEEKS before your surgery.
- Smoking** should be stopped at least two weeks before surgery. Smoking impairs circulation; good circulation is needed for good healing. An adequate blood supply results in a good surgical result for you.

POST-OPERATIVE INSTRUCTIONS

CARE OF YOUR SKIN STITCHES

Supplies needed:

- 1) Bacitracin ointment
- 2) Cotton Tipped Applicators (Q-Tips, etc.)
- 3) 3% Hydrogen Peroxide, fresh bottle

- (A) Mix 2 Tbsp peroxide with 2 Tbsp tap water in a small container. Discard each time, do not save mixture.
- (B) Use Q-tips and peroxide solution to clean all blood and material from the incisions. DO NOT leave any crusts or blood on the stitched areas. Repeat a minimum of 3-4 times per day.
- (C) Cover the incisions with ointment - DO NOT allow ANY area to dry out or scab over.
- (D) Do not apply any bandages or other materials to the surgical area unless otherwise instructed.

POSITION - Elevate your head and back using at least two pillows when you sleep or rest. This is important for the first week after surgery to minimize swelling.

ICE - Ice must be used over the surgical area (cheeks and neck) 40 minutes of each hour (20 minutes on, 20 minutes off) as much as possible during the first 48 hours, while you are awake. Protect the skin from excessive cold by placing a damp cloth between the skin and ice pack. A bag of frozen peas often conforms better to the shape of your face and neck.

HEAT - Begin moist heat after the ice packs are stopped. A moist towel should be placed between the skin and the heat source. The temperature should be closely monitored, never set a heating pad above a medium heat setting. With facial numbness it is possible to burn your skin without knowing it. DO NOT use heat continuously - only 20 minutes of each hour.

ACTIVITY - (A) - During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed during the day. This will maintain normal circulation and help reduce swelling.

(B) - Avoid bending over or lifting more than 5 pounds during the first week.

(C) - Take extra precaution to protect your face and neck from bumps, hits or injuries for at least 2 weeks after your surgery.

DIET - Adequate fluid intake is important. Fruit juice, water, and soft drinks sipped frequently will help relieve some of the dryness in your mouth caused by breathing through it. Eat soft, easily chewed foods. After one week slowly resume your regular diet.

DRESSINGS/BANDAGES - Do not remove bandages unless otherwise instructed. Following your post-operative appointment when your bandages are removed, you will be instructed how to apply an elastic compression garment to promote rapid healing and decrease swelling. This bandage is to be worn at all times for the first week. It may be taken off to clean the skin stitches.

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HAIR CARE - You may wash your hair beginning 3 days after surgery. A mild baby shampoo is recommended. You should wash your hair by bending over a basin or in the bathtub, taking care not to get stitches wet for the first three days. Pat dry.

COSMETICS - You may apply cosmetics one week after surgery. Make-up applied too soon may delay wound healing or become lodged in the wound and produce a tattoo.

SUN EXPOSURE - Protect the facial skin from excessive sun exposure for one month after surgery. Ordinary exposure is not harmful, but a sun-screen should always be used.

SPORTS - No swimming, gym, or strenuous activities for one week. No surfing or diving for 1 month.

MEDICATIONS - Pain medication (Percocet, Lorcet etc.) take one tablet when you arrive at home. Additional tablets may be taken one to two tablets every 4-6 hours as needed for pain. **CAUTION: Do not drive or operate machinery while taking pain medications containing narcotics.**

Antibiotics - Depending upon the type of antibiotic prescribed you will be instructed to take one tablet 2, 3, or 4 times per day. The important point is that you must take them until they are gone.

Dexamethasone (Decadron) this medicine is used to control swelling and inflammation. Take one tablet three times a day until done.

Aspirin - **avoid taking aspirin** or aspirin containing compounds (anacin, bufferin, etc.) during the first week after your surgery.

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:

- (A) **Sudden** or excessive bleeding, swelling, or bruising.
- (B) Any itching, rash or reaction to medications.
- (C) Fever, temperature over 100 degrees (taken orally).
- (D) Discharge from the incision (other than blood).

We are available 24 hours a day.

- (E) Any injury to the face.

**If you have any questions or problems, please do not hesitate to contact our office for assistance at 326-2040
Dr. Hiranaka can be reached after hours at 322-0202**

POSTOPERATIVE EXPECTATIONS AFTER FACE/NECK LIFT

- * When you leave the operating room you will have a pressure dressing around your head and neck area. **This dressing is to remain on until the day after surgery.** Your doctor will remove the dressing at that time.
- * **Some staining of the dressings is common during the first 24 hours. Large amounts of bright red blood should be reported to your physician by telephone.**
- * Mild to moderate swelling and bruising is normal and may last 7-10 days. Swelling may be the most severe 2 to 3 days after the procedure. The bruising often descends from the cheeks and onto the neck. Sometimes the bruising extends down to the collar bones. These areas can be easily covered with make-up.
- * **Your cheeks, ears and neck will feel numb.** This will improve with time. Sometimes a small area of numbness around the ears is permanent.
- * It is not unusual to experience some physical and emotional fatigue during the initial healing period from the anesthesia during your surgery. You will feel stronger in a day or two.
- * **Depression 12 to 36 hours after surgery is not unusual.** You may be surprised at the initial appearance of your face and neck. Remember to be patient and realistic. Your face/neck has suffered surgical injury and it will improve with time. Approximately 80% of the swelling will resolve in 2 - 3 weeks. It may require a six to 12 month period for the remainder of swelling to completely resolve.

I have read and understand the above instructions, my questions have been answered by the nurse and/or doctor. I agree to comply with these instructions. A copy of these instructions has been provided to the patient for reference.

Patient Signature

Date