



## DAINES PLASTIC SURGERY

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### Face and Neck Lift Patient Instructions

- Before surgery:
  - Please do not take **aspirin, naproxen, ibuprofen, vitamin E, flax seed oil, fish oil, or ANY herbal supplements** for 3 weeks prior and 3 weeks after surgery.
  - Take a shower the morning of your surgery. Do not wear any makeup or product in your hair. Wear a button-down top and comfortable pants.
  - You will need a driver after surgery and someone to stay the night with you
  
- Immediately after surgery:
  - You will go home with a soft, snug dressing around your head. Keep this dry and in place.
  - Expect to experience mild swelling, bruising, and tightness.
  - Use an ice pack for the first 48 hrs (20 minutes every waking hour). Cold packs, crushed ice, or frozen peas in a ziplock bag all work well.
  - Start with a soft diet when you get home and proceed to a regular diet as tightness improves. Drink plenty of fluids.
  - Get plenty of rest. Sleep with your head elevated for at least the first 72 hours. 2 to 3 pillows are usually sufficient or a recliner also works well.
  - You may resume non-strenuous activities around the house after 24 hours. Avoid straining or bending down.
  - Take prescription pain medication and antibiotics as ordered. You may transition to Tylenol.
  - Do not smoke and avoid drinking alcohol as these will impair healing.

- If you develop excessive swelling particularly if accompanied by extreme bruising and pain, especially on one side, call our office immediately.
  - Your dressings will be removed and replaced with a lighter dressing after 1-2 days at your first post-op visit. You may wish to come to the visit wearing a scarf or hood to cover the dressings.
- After dressings are removed:
    - Gently clean incisions twice daily with hydrogen peroxide soaked q-tips to prevent scabs from forming. Use a rolling motion. After cleaning, apply **bacitracin** ointment. Continue wound care until sutures and clips are removed.
    - You may shower and gently wash your face.
    - You may wash your hair with a gentle shampoo after 3 days. Do not blow dry your hair.
    - Swelling will peak at 48-72 hrs after surgery and then will begin to subside
    - Sutures and clips will be removed at one week.
- After sutures are removed:
    - You may begin to wear makeup
    - You may begin to use a moisturizer on your face
    - You may use a hair dryer but use caution
    - Do not wear earrings for 2-3 weeks
    - Bruising and obvious swelling may last 1-2 weeks
    - Expect to have mild tightness, firmness, crusting, and itching along the incisions for the next 3-4 weeks of healing. You will experience periods of pulling and tightening as the swelling decreases and healing begins. Areas of numbness are also normal, sensation will return with time.
    - You may color your hair in 3-4 weeks
    - You may resume light exercise after 2 weeks and strenuous activity after 6 weeks
    - Avoid direct sun exposure for 6-8 weeks
    - Incisions will fade to barely visible lines over the next 2-3 months
    - It may take as long as 6 months for the temporary numbness around the ears to resolve