



Colorado *Facial*
Plastic Surgery
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Creating Beautiful Faces

Aesthetics by Design
Creating Beautiful Skin

FACE AND NECK LIFT - PATIENT INSTRUCTIONS

Before Your Surgery

- Make sure to discontinue using any Aspirin, Ibuprofen, Advil or any other anti-inflammatory medications for a minimum of 2 weeks prior to surgery.
- No smoking for a minimum of 6 weeks prior to surgery and 6 weeks post surgery.
- Arrange for transportation to and from the surgery center/ hospital.
- Arrange for someone to stay with you for 24 hours following surgery.
- Nothing to eat or drink for a minimum of 8 hours prior to surgery.
- Please fill your prescriptions and obtain the necessary supplies prior to your surgery.

Night Before Surgery

- Make sure that you remove make-up and wash your face and hair with Hibiclens.
- Do NOT eat or drink anything after midnight. This includes water. If this occurs your surgery may need to be rescheduled.
- Wash face and hair with hibiclens.

Morning of Surgery

- Remember, nothing to eat or drink for 8 hours before surgery. You may take any vital medications normally taken in the morning with small sips of water.
- Wash face with Hibiclens. Do NOT apply lotion to face.
- Remove contact lenses.
- Do not drive yourself.
- No smoking or chewing gum, mints or candy.

After Surgery

- FOLLOW-UP APPOINTMENTS
 - o **1 day** – Drain removal and dressing change. (Typically Dr. Imola sees you in hospital)
 - o **7 days** – Removal of sutures in front of ear and under chin.
 - o **2 weeks**- Check on incision sites, swelling. General progression.
- DRAINS
 - o Often a small drain is placed underneath the skin flaps. These drains are typically removed at your day 1 post-op appointment.
- DRESSINGS
 - o At the completion of your surgery a bulky dressing will be placed on your head and neck. This is to remain in place until the day following your surgery. At the day 1 post-op appointment, this dressing will be replaced with a less bulky compression garment. The compression garment should be worn continuously for the first 7-10 days. Then at night for up to 3 weeks.
- COLD COMPRESS
 - o Starting on day 1 use the cold compression garment to cool the cheeks and neck. Keep the cold compress over the cheeks and neck as much as possible (30 minutes on and 30 minutes off).

Continue to use the cold compress for 3 days. *If you had a fat transfer do NOT apply cold compress to face/neck.

- o It is common for the swelling and bruising to increase in the neck region 2-3 days following surgery. Typically swelling will peak 3 days after surgery. It is strongly recommended that you use cold compresses (wash cloths soaked in ice water or frozen peas) during the first 24-72 hours to help keep the swelling to a minimum. * If you had a fat transfer, please do NOT apply ice.
- SLEEP
 - o Starting on day 1 keep your head as elevated as possible. Lying flat on your back can increase swelling. Sitting up, walking or resting with your head elevated is recommended. Sleep on your back with your head elevated with 2 pillows for 2-3 weeks.
- INCISION CARE AND CLEANING
 - o Once the bulky dressing has been removed, you will need to keep the incision/suture/staple lines clean and moist. The areas need to be cleaned a minimum of 2 times a day with Hydrogen Peroxide and H₂O mixture. After cleaning, apply a generous layer of bacitracin/or polysporin ointment. Do NOT put the ointment over the paper tape that has been applied to your chin and/or ears. Once the tape falls off, cleaning of the area can take place. The face may be washed VERY GENTLY with a mild soap starting on the 3rd day. DO NOT RUB THE FACE WITH ANYTHING MORE THAN A LIGHT TOUCH.
- DIET
 - o For the first 5-7 days stay on a soft diet. Gradually go on a more normal diet. Drink lots of fluids and avoid eating foods that are hard to chew or might upset your stomach.
- ORAL CARE
 - o You may brush your teeth gently and rinse. If you have an incision in your mouth, please rinse a minimum of 6 times daily with salt water, especially after eating.
- SHOWERING
 - o Wait 3 full days after surgery to shower. Only use baby shampoo to wash your hair for the next 14 days. Prior to showering, remove head wrap and make sure to replace once shower is complete. Brush hair very carefully.
- RESUMING ACTIVITIES
 - o You may wear contact lenses, sunglasses and glasses the day after surgery. Wash hair with baby shampoo only for the first two weeks. Bathing, showering and shampooing may resume on the 3rd day after surgery. Driving may resume if no longer taking pain medication. Alcohol may resume 2-3 weeks after surgery. Usually, you may return to work in 2-3 weeks. You can color your hair 6 weeks after surgery. Exercise may be resumed at 50% after 2 weeks. You may resume to 100% after 3 weeks. Contact sports may resume after 6 weeks.

Things NOT to do Following Surgery

- Do NOT bend over or lift anything greater than 5 lbs or engage in any vigorous activity.
- Do NOT SMOKE or DRINK alcohol 2-3 weeks post surgery.
- Do NOT use a hot tub, swimming pool or sauna for 6 weeks.
- Do NOT take any aspirin products as they promote bleeding. Ask Dr. Imola when it is safe to resume routine medications.
- Do NOT put any pressure on your head or neck.

- Avoid direct sunlight for 6 weeks and then use sunblock with SPF 30 or higher whenever you are outside. Also make sure to wear a hat.
- Avoid being around restless/playful pets and children.
- Do not color hair for 6 weeks.