

## **PREPARATIONS FOR YOUR FACELIFT, NECK-LIFT & EYE SURGERY TWO WEEKS BEFORE YOUR SURGERY**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. If you are diabetic or taking a blood thinner medication, you will be given special instructions regarding how to manage your medications. Products containing aspirin should not be taken 2 weeks before or after your surgery (see medication advice information sheet). Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

Please inform my office of any homeopathic remedies you are taking prior to your surgery.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery and 4 weeks after surgery (this includes use of smokeless tobacco products, and nicotine patches or gum).**

### **THE EVENING BEFORE YOUR SURGERY**

- Get a good night's rest.
- Make some jello and/or soup for after your surgery.
- Wash your face with your usual cleanser.
- Do not eat or drink anything after midnight the night before surgery.

### **MORNING OF SURGERY**

- Wash your face with your usual cleanser. Do not apply make-up, creams or lotions.
- Do not wear contact lenses, hairpieces or hairpins. Do not bring personal valuables such as jewelry. Wear loose comfortable clothing, preferably a button or zip up top (no pullover tops), loose pants, and comfortable shoes.
- Please be sure someone can drive you home and stay with you for 48 hours. You will not be allowed to drive yourself home.

### **AT HOME AFTER FACE, NECK & EYE SURGERY**

- It is best to go to bed and elevate your head & shoulders on at least 2 pillows. You may use a small roll or "neck" pillow under your neck for support. Do not sleep with pillows only under your head as sleeping with your neck bent forward can result in increased swelling. You may be more comfortable in a recliner.
- If you have pain or discomfort, take narcotic pain medication every 3-4 hours as needed. It is best to take pain medication with crackers, jello etc. If you do not have pain, do not take the narcotic pain medication. Do not drink alcohol while taking pain medication.

- A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soup or jello. You may start a regular diet the next day.
- Visitors should be discouraged. Facial movements (smiling, talking, chewing, yawning, etc.) should be kept to a minimum for the first week.

### **AT HOME AFTER FACE, NECK & EYE SURGERY**

- Avoid bending forward at the neck for the first week.
- Apply cold compresses (crushed ice is best) to your eyes as much as possible during the day for the first 48 hours. This will reduce the amount of swelling you will have after surgery. Swelling will peak at 48 – 72 hours.
- Please avoid any strain for the first 48 hours after your surgery. You should get out of bed, with assistance, only when necessary. It is not good to lie in bed without moving, so flex your feet and legs a few times every hour while you are awake.
- You may have drains in place under the skin after surgery. These will be secured but please avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instruction regarding the drains will be given to your caretaker. The drains will be removed at your first follow up appointment.
- After the drains have been removed you may start cleaning them with ½ strength hydrogen peroxide along the stitch lines, in front of, and behind the ears, and under the chin. This should be done twice a day. Apply a thin layer of Polysporin ointment to these areas after cleaning.
- You can expect some swelling of the face and eye after surgery. If the swelling on one side is definitely more pronounced than on the other side, or if you are experiencing pain which is not relieved by pain medication, call the office immediately at 614-293-8566.
- If you have burning or stinging in your eyes or if you are unable to close your eyes completely, apply “Refresh P.M.” ointment in your eyes every 4 hours or as needed. This will initially make your vision blurry, but it will clear as the ointment is absorbed. “Natural Tears” eye drops may be used during the day as needed to keep your eyes moist and comfortable.
- If your eyes become red and irritated, or if you form a lot of yellow matter in your eyes, discontinue the ointment and call my office.
- After a few days, if you experience itching, or any discomfort, place warm compresses on your eyes to relieve the feeling. Do not use warm compresses on any other part of your face.
- After your dressings and drains have been removed you may wash your hair with baby shampoo, hair salon style. Do not bend over to wash your hair. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before the crusts are out of your hair. Do not use hairspray, conditioner, gels, etc. while the stitches and clips are in place. You may start washing your face gently with a bland soap (Neutrogena, Ivory, etc). You may moisturize your face being careful to keep the moisturizer away from the stitch lines.
- Tightness of the eyelids is normal after this surgery. This may make it hard to close your eyelids completely. Your eyelids will relax with time.

- If your eyes burn or remain partially open while sleeping, apply Refresh P.M. ointment inside the eyelid at night as long as needed.
- Tearing often occurs after surgery. This will cease as the swelling subsides.

## POST-OPERATIVE INSTRUCTIONS

Call my office immediately if:

1. If you have a sudden onset of pain, fever, or redness
2. If you have not seen improvement in two to three days.

**\*\* Be particularly alert for: fever (oral temperature greater than 101), excessive pain at the surgical incisions, nausea, vomiting, bleeding, dizziness, shortness of breath, rash, rapid heart beat or rapid breathing rate. \*\***

## GENERAL INFORMATION

- Strenuous activities and exercise are to be avoided for at least two weeks after your surgery. You may gradually resume normal activities after 48 hours; being careful to avoid any activity that causes pain or discomfort. Strenuous activity/heavy lifting of objects greater than 10 lbs. should be avoided for 6 – 8 weeks after your surgery.
- Take deep breaths frequently after surgery. 4-5 every commercial break on TV or 10 x's an hour.
- Get up and move. Walking is encouraged, at least 5 x's a day, bathroom, kitchen, etc. Do not do anything that hurts. Do not get your heart rate or blood pressure elevated.
- Eat a high protein, low salt diet. Drink at least 4-8 ounces of fluid an hour while awake. Water, "Gatorade", tea, and low sugar juices are recommended.
- Bruising and swelling are normal and will disappear in time.
- All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided. Use a sunscreen with a SPF45 UVA and UVB or greater for at least 6 months.
- You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.
- Please take all medication carefully and as directed. Follow all instructions accompanying medications, such as taking with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.
- If you become severely nauseated & vomit, have a temp 101 or higher, notify Dr. Janis by calling the office 614-293-8566. If it is after hours the physician On-Call will be paged. If you feel it is an emergency and a physician can't be reached, go to the nearest ER or call 911.
- Remember to follow any special instructions, which have been given to you and call if you have any questions.

## **OTHER POST-OPERATIVE INSTRUCTIONS**

- Red discoloration in the whites of the eyes may occur if there is a lot of swelling. This should be painless, will not harm your vision and will go away completely with time. Swelling may also cause the lower lid to pull away from the eye. This will subside as the swelling goes away.
- You may dry your hair with a blow dryer on a cool setting, not a hot setting.
- Hair coloring should be delayed until 3 weeks after surgery, when healing is completed and no crusts remain.
- Contacts may be worn when your eyes start feeling normal and the majority of the swelling has gone away, usually about one week after your surgery. If it is necessary to pull down or up on your eyelid to insert them, they should not be worn for 10 days. Glasses can be worn until then. There may be a feeling of numbness of the eyelids for 6 to 8 weeks, depending on your surgery.
- Your face and neck will feel tight and there will be a feeling of numbness for several weeks to months after your surgery. These feelings will disappear in time.
- The scars and any areas of bruising can be massaged with a moisturizing cream, vitamin E, or aloe vera cream starting 3 weeks after your surgery. This will promote early softening and maturation of these areas.
- Avoid cosmetics until cleared by the physician.
- The skin on your face is very sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for 8 weeks. Wear wide brim hats and sunscreen (at least SPF45 UVA/ UVB or greater) if you have to be in the sun for an extended period of time. Continue using sunscreen for 6 months after your surgery when you have sun contact.

**REMEMBER; DO NOT SMOKE DURING YOUR HEALING. SMOKING WILL AFFECT THE WAY YOU HEAL & COULD CAUSE UNDESIRABLE RESULTS.**

**TELEPHONE NUMBER IS 614-293-8566**