

## **FACELIFT/NECKLIFT/BROWLIFT POST-OPERATIVE INSTRUCTIONS**

### **BEFORE SURGERY**

- Please read all of the information in your pre-op packet three times, immediately after your appointment, the day before surgery, and again after surgery to ensure that you remember the details.
- By planning ahead, you can have a more relaxed recovery phase. Fill your prescriptions, stock the house with comfort foods, arrange a comfortable place to sleep and remember that you will need a ride to the first and second post-op appointment. Do not be alone the night of surgery; plan to have someone stay with you.
- **NO SMOKING** of any kind one month before or after surgery is recommended.
- Start taking Bromelain, Arnica Montana or Arnika Forte as directed.

### **THE DAY OF SURGERY**

- Make sure you do not eat, drink, smoke or chew anything except essential medications (as approved by your surgeon) 8 hours prior to surgery. You may take a Dramamine with a small sip of water the morning of surgery.
- Know where to go, when to be there, and please **DO NOT FORGET YOUR PRE-OP PACKET**.
- Wear comfortable clothing, preferably something you do not have to pull over your head.
- You will be in the recovery room for about 2 or more hours after surgery, so be sure your ride home understands this time frame.
- The car ride home is usually not the highlight of your day. Sometimes the motion causes you to vomit. If you live hours away you may consider staying in town the first night.
- Once home, find a nice place to settle where you can sleep on your back with the head of the bed elevated about 30 degrees. Keep your medications, fluids and, if necessary, something to throw up into close by. Work on deep breathing to keep your lungs expanded. Start your antibiotics at the next mealtime once at home and all others as needed or as directed.

### **THE FIRST WEEK**

When you awaken from surgery your head may be wrapped in a turban style dressing, often described as a gauze football helmet. This dressing will make it difficult for you to hear. Do not be afraid to tell someone to speak louder. There may also be drains coming from under the dressing on both sides. The turban dressing and the drains may be removed following your surgery before leaving the hospital.

At first, your face will be swollen and bruised. The amount of swelling and bruising varies among individuals. There is no way to tell how much you will have or how long it will take to go away. Make sure to take the Arnica Montana, Bromelain and any other medications as directed.

You may lay gauze or a washcloth soaked in ice water on your face for comfort and to help decrease swelling. You may also use frozen peas placed into small zipper bags. **DO NOT PLACE ICE OR EXTREME HEAT** directly on your face. The tissue is extremely fragile after surgery and you could cause frostbite or a burn injury.

Take your antibiotics until they are all gone and pain medications as needed every 4 to 6 hours. Follow directions on all other medications. For constipation, you may take a mild laxative, a stool softener or drink a hot tea called Smooth Move. The products for constipation may be purchased over the counter at any store.

**Stacey Folk, MD**  
**303-321-6608**  
**[www.FolkPlasticSurgery.com](http://www.FolkPlasticSurgery.com)**

Keep your head elevated above your heart when lying down by propping your shoulders up on pillows or sleep in a reclining chair. You will have to sleep on your back for at least the first week after surgery. You may try to sleep on your sides after all the stitches and staples are out, but you may find it uncomfortable. Keeping your chin elevated and head slightly back rather than forward is better for your neck skin.

You may shower and gently wash your hair starting the day after surgery if you did not have another body procedure done which prohibits showering. If you have had multiple procedures done, follow the directions for showering on the other post-op instructions.

**NO DRIVING** of any type of vehicle is allowed for approximately two weeks or until instructed by us. Driving too soon after surgery can be dangerous to you and to others. You should be comfortable and completely off of pain meds.

**DO NOT SMOKE!** The first two weeks after surgery is crucial to healing. Even one cigarette can severely damage blood flow and could possibly cause the areas to die and turn black.

The head, neck and upper torso must be kept as one unit for at least the first week after surgery. Pretend your head, neck and upper body are welded together. NO sudden jerking of the head, NO bending or rotating of the head and neck forward, backward or side to side for more than about one inch. If you must look around, turn at the waist and pivot your whole upper torso. You will gradually be able to return to normal movement. Let your body be your guide. If you feel any sharp pain, pulling or tugging, STOP! Don't push it.

Your stitches and staples will be removed in stages beginning at about one week after surgery. The removal will depend entirely upon the rate at which you heal. Healing progress will be decided as you are seen at follow-up visits.

Your ears will be very swollen for about 3-4 weeks. Often, patients feel as if their ears do not belong to them. It will be difficult to put the telephone up to your ears or to even lay your head on its side. This is absolutely normal and will resolve on its own in time. After initial healing is completed, you will notice some areas of tender firmness that may even feel "lumpy"; especially under your chin. This is normal scar tissue formation which is like the "glue" that holds everything together. You will be instructed in how to properly massage these areas to help soften and smooth the scar tissue.