



## **Face/Neck/Brow Lift**

### **Pre-operative Instructions**

- ❖ Please advise Dr. Robbins if you are taking any blood thinning medications (e.g. Warfarin, Ibuprofen, NSAIDS, Plavix, Aspirin). These will need to be discontinued 10 days prior to surgery per Dr. Robbins instructions.
- ❖ DO NOT take any of the following prior to surgery:
  - Anti-inflammatories
  - Homeopathic medications
  - Vitamin E
- ❖ Take a bath or shower daily with an anti-bacterial liquid soap, like Dial liquid soap, or Hibiclens starting 3 days prior to surgery.
- ❖ DO NOT eat or drink after midnight the night before surgery.
- ❖ If you are a smoker-Stop smoking 2-3 months prior to surgery. Smoking causes slower and compromised healing time.
- ❖ DO NOT wear jewelry, dentures, hearing aids, or contact lenses the day of surgery.
- ❖ DO NOT wear make-up, moisturizer, lipstick, deodorant, or nail polish the day of surgery.
- ❖ Wear comfortable, loose fitting clothing that buttons in the front.
- ❖ You will need to start taking Arnica Montana one week prior to surgery. This will help with post operative bruising.
- ❖ You will need to arrive 2 hours prior to your surgery time.

### **Post- operative Instructions**

- ❖ Have someone to drive you home after surgery and help you at home for 1-2 days.
- ❖ You will have a prescription for an antibiotic as well as a pain medication that you will need to start when you get home from the hospital.
- ❖ DO NOT take aspirin or any products containing aspirin for 2 weeks.
- ❖ Increase fiber and fluid intake to prevent constipation from the narcotics.
- ❖ Cough and deep breaths every 2 hours to prevent pneumonia.
- ❖ Avoid strenuous activity, heavy lifting, and any vigorous activity for 3 weeks or until otherwise instructed by Dr. Robbins. Walking is a normal activity that should be restarted right away.

- ❖ If drains are present, the nurses in the recovery room will instruct you on how to strip, measure, and record the amount of output from your drains. The drains will be removed at your first post operative visit, usually within the first 3 days after surgery.
- ❖ You will need to sleep in a recliner or with your head elevated 30-40 degrees for the first week.
- ❖ You will return to Dr. Robbins office 1-3 days post operatively for him to check your incisions and pull drains if present.
- ❖ You need to apply gauze soaked in ice water on eyelids several times a day for 2-3 days after surgery. This is to minimize your swelling and bruising.
- ❖ You may shower your entire body on post operative day 3.
- ❖ No driving until completely off narcotic pain medication.
- ❖ If you are a smoker, remain smoke free for at least 6 weeks after surgery.
- ❖ You should be back to full physical activity 3 weeks after surgery (jogging, cycling, weight lifting, etc).

### **What to Expect**

- ❖ Maximum discomfort should occur in the first few days, improving each day thereafter.
- ❖ There is usually little actual pain following a facelift, but you may experience tightness as a result of the swelling, and the face may seem heavy.
- ❖ You will wear a chin sling day and night for one week. You will continue wearing the sling while at home and at night for 3 weeks after surgery.
- ❖ There may be a large amount of swelling and bruising. However, swelling and bruising varies from person to person.
- ❖ You may experience numbness and tingling sensations. Normal sensation returns in about 3-4 months post operatively.

### **When to Call the Office**

- ❖ If you have severe or increased pain not relieved by medication.
- ❖ If you are having side-effects to medications, such as rash, nausea, headache, or vomiting.
- ❖ If you have a temperature >101.5 degrees.
- ❖ If you have drainage from the incision or drains with a foul odor or cloudy color.
- ❖ If you have bleeding from the incisions that does not stop with pressure.
- ❖ Excessive warmth or redness that is spreading from the incision site.
- ❖ Sudden changes in size associated with intense pain or severe tenderness.

## Supply List

Pain medicine and antibiotic: You will be given a prescription for these medicines at your pre-op appointment. Be sure to have these filled prior to surgery.

4 x 4 gauze: To use for soaking in ice water and place on eyelids after surgery and to use for padding behind ears.

Antibacterial soap or Hibiclens: Use to shower entire body beginning 3 days prior to surgery. (Hibiclens may be purchased at your local pharmacy)

Arnica Montana Pellets and Cream(optional): Begin taking pellets 3 days prior to surgery and continue for 1-2 weeks after to reduce bruising/ may apply cream to face beginning day after surgery.

(Arnica Montana may be purchased at GNC or Whole Body)

Antibiotic ointment (neosporin or bacitracin): Apply to suture area 2-3 times a day to keep sutures moist, including eyelids.

Artificial Tears and Refresh Lacri-Lube: Use Artificial Tears in eyes at least 4 times a day, and apply lubricating eye ointment in lower lid at night.

Aquaphor ointment: If a TCA peel is done you will need to apply ointment on face to keep moisturized at all times.

Sunscreen: After sutures are removed, you must wear sunscreen SPF 30 or more on entire face/eyelids daily for next 6 months.