



## FACE/NECK/BROW LIFT

### PRE-OPERATIVE INSTRUCTIONS

#### **Three (3) Days Prior To Surgery Date:**

**Arnica Montana Pellets** are recommended to reduce post-op bruising. These may be purchased at GNC, Whole Body, or Amazon.

- Begin taking pellets 3 days before surgery as recommended on bottle and continue for 1-2 weeks after surgery
- 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 prior to surgery per Dr. Robbins' instructions or the physician that manages these medications.
- **DO NOT** take any of the following 10 days prior to surgery:
  - Anti-inflammatories (ibuprofen, Aleve, Motrin, Excedrin, OTC pain medication Tylenol is the ONLY acceptable pain medication to take prior to surgery.)
  - Homeopathic medications (If you are unsure then do not take.)
  - Vitamin E, Fish Oil or Multivitamin
- Take a bath or shower daily with an anti-bacterial liquid soap, like Dial liquid soap, or Hibiclens starting 3 days prior to surgery. These can be purchased at any drug store.
- **DO NOT** eat or drink after midnight the night before surgery. That means NO FOOD OR ANY LIQUIDS INCLUDING WATER.
- **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 or zips in the front. No skinny jeans or leggings the day of surgery. No clothing with any metal on it.
- You will need to arrive 2 hours prior to your surgery time or advised. The arrival time is enclosed in your folder.
- You must bring a driver to take you home after surgery.

### POST OPERATIVE INSTRUCTIONS

#### **MEDICATIONS**

You will be prescribed a **pain**, (Percocet/oxycodone, or Dilaudid/hydromorphone), **anti-nausea** (Phenergan/promethazine or Zofran/ondansetron) and **antibiotic** Keflex/cephalexin, doxycycline, or Cipro/ciprofloxacin) **medication**. The goal is to stay ahead of the pain so you can rest comfortably and eat/drink without nausea or constipation. Our office recommends

starting an over the stool softener, Miralax, Dulcolax prior to surgery. After surgery it is recommended to take it preventatively every day until you are no longer on the narcotic pain medicine. IF YOU HAVE NOT HAD A bowl movement 3-4 days following surgery then you may take Milk of Magnesia or Magnesium Citrate. These are both available over the counter. Follow the instructions listed on the package. **(SEE ATTACHED MEDICATION LIST)**

- Your **pain** medication should be taken with food in your stomach, even if you don't have an appetite, have some crackers or yogurt with it. This will prevent nausea caused by the pain medicine.
- Your **antibiotic** is to prevent infection, take the medicine as prescribed beginning the day you get home from surgery until the entire bottle is empty. This DOES NOT need to be taken prior to surgery.
- **Take ALL your medications as prescribed, at least for the first 72 hours after surgery.**
- You may resume aspirin or any products containing aspirin, ibuprofen, and vitamins 5 days after surgery.
- Have someone drive you home after surgery and help you at home for as long as you are on the pain medication and/or muscle relaxer.
- You will have prescription for an antibiotic as well as a pain medication that you need to start when you get home after surgery. You DO NOT need to take this prior to surgery unless instructed by our office.
- Cough and deep breathe every 2 hours to prevent pneumonia.

### **DRESSINGS/SHOWERING/SUTURES**

- **Your Chin and Head** will be dressed with a soft absorbent material covered by an ace wrap. Keep dressing dry and intact. It will be removed 1 day after surgery.
- **A Chin Sling** is worn for 1 week, day and night, except when showering. Use a folded gauze over incisions behind the ears to avoid irritation from the sling.
- **Shower on post op day 3** (Day 1 is the day after surgery). Clean ALL areas with a mild soap and water and pat dry well.
- **Apply Neosporin or triple antibiotic ointment** to all sutures 2 per day to keep moist.
- **Apply Aquaphor Ointment** to other areas of face ONLY if TCA Peel is performed. Do not pull-on peeling skin as this could leave a scar. You may trim any hanging skin with scissor.
- The sutures in front of the ear are removed 7 days after surgery and the remaining surgery for a facelift, *apply sunscreen SPF 30 daily for at least 6 months.*
- **DO NOT WEAR ANY MAKEUP** of any kind (eyeshadow, mascara, etc.) until all sutures are out and skin is healed from TCA peel, if performed.

### **SLEEP/ACTIVITY**

- **Sleep** with your **head elevated 30-40 degrees** for one week. A recliner is ideal but elevating your head and shoulders on pillows is also acceptable.

- No bending over or stooping for the first week after surgery.
- You may walk as much as you like following surgery. However, you cannot lift over 8 pounds, or perform any strenuous or vigorous activities (like running, jogging, weightlifting) until 3 weeks after surgery. You may resume/increase physical activity after 3 weeks as tolerated.

#### **WHAT TO EXPECT**

- There is usually little pain, but you may experience tightness as a result of swelling and the face may seem heavy. Maximum discomfort should occur in the first few days.
- Numbness and tingling are expected, and sensation gradually returns in 3-4 months following surgery.
- A large amount of swelling and bruising is expected but varies from person to person.

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