

GUIDELINES FOR FACELIFT AND NECKLIFT

PRE-PROCEDURE

1. There are a number of over-the-counter supplies you should obtain prior to your surgical date. All of these can be purchased at your local pharmacy. These include:
 - a. Quality-tips, or Q-tips.
 - b. A small bottle of 3% hydrogen peroxide.
 - c. A tube of Bacitracin ointment. We recommend you avoid Neomycin.
2. Avoid all medications listed on our current 'Restricted Medications' list for at least 14 days prior to your surgery. If you misplace the one provided to you, the list is always on our website for you to download and reference. Tylenol is acceptable to take if you are having any pain symptoms leading up to surgery. If you have any questions regarding medication use, please contact our office.
3. Dr. Hilinski typically provides you with a prescription for postoperative medication (narcotic pain reliever) prior to your surgical date. If a prescription was not provided, contact our office to have one sent to your local pharmacy. This medication should be picked up **before** your scheduled date so that you have it immediately available after leaving the center.
4. You must arrange for proper and timely transportation to and from the surgery center. Typically you will need to arrive one (1) hour prior to your scheduled surgery time, but confirm this time with the staff. Your ride home must be with a responsible adult. You cannot take a cab, Uber, Lyft, or equivalent.
5. Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker in advance. But, this will be at your expense.
6. Do not apply any make-up, face creams, or moisturizers on the day of surgery. You should dress in comfortable, loose-fitting clothing – preferably a button-down shirt. Please do not bring any unnecessary valuables with you to the office.
7. Nail polish must be removed to allow for proper monitoring of your oxygen levels. Acrylic nails must be removed from at least 2 fingers (1 on each hand) to allow for proper oxygen monitoring.
8. You should remove ALL piercings from your body.
9. You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date.

AFTER CARE

1. When you leave the center, your face and neck will be bandaged. Leave these bandages alone and do not let them get wet or soiled.
2. It is normal to note some skin discoloration (bruising) beneath the bandages, particularly along the neck region. It may take 10-14 days for the discoloration to subside entirely.
3. Sleep with the head elevated 20-30 degrees. Use a travel pillow or place pillows on both sides of the head to avoid turning the head on the neck.
4. Showering from the shoulders down is fine as of the following day. If any other procedures were performed below the neck (such as fat transfer), you should wait until 48 hours after the surgery to shower from the shoulders down.
5. Start with a liquid or soft diet during the first 1-3 days and transition to a normal diet thereafter.
6. Avoid any strenuous and/or vigorous activity until cleared by Dr. Hilinski.

7. Begin taking the pain medication as directed. It may take several dosages of the pain medication before you feel the full effects taking place.
8. Continue taking Arnica as directed for another week after surgery.
9. Continue to refrain from using any medication on the 'Restricted Medications' list for at least one week after surgery.
10. If you experience rather sudden onset of pain and/or swelling on one side or the other, contact our office immediately.
11. Once the initial bandage is changed and you are allowed to change your own bandage, the incisions should be cleaned twice a day. Do not attempt to clean more frequently than this, as this can lead to complications. The following should be done during each cleaning session:
 - a. Use a Q-tip dipped in hydrogen peroxide to first gently, but thoroughly, clean the sutures (stitches). Normally you can dilute the over-the-counter hydrogen peroxide 1:1 with clean water. The cleaning process should involve any visible sutures around the ears and under the chin (if work was done here). A gentle swipe of the saturated Q-tip along the sutures will help remove blood and debris that would, otherwise, accumulate. YOU DO NOT WANT ANY SCABBING TO OCCUR. The endpoint of this step is to not allow anything to accumulate along the sutures.
 - b. Dry the peroxide with a clean, dry Q-tip.
 - c. Apply a generous layer of Bacitracin ointment using a Q-tip.
10. Once you are allowed to clean your own bandages, you will be able to wash your hair. Be careful to avoid scrubbing or rubbing the scalp around the ears. Just allow the shampoo to lather and run off the face.
11. You should not chemically treat your hair for at least 4 weeks following surgery.
12. You may experience areas of hardness of the tissues once the bandages have been removed. These areas typically soften up within several weeks. Tightness is also normal and will usually subside within the same time period.
13. Numbness around the lower face and ears is normal and may persist for several weeks to months. Be careful to avoid burning your skin in these areas, for instance, with a blow dryer.

QUESTIONS?

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.