



Certified American Board of Facial Plastic Surgery
Certified American Board of Otolaryngology Head and Neck Surgery
Harvard Medical School Graduate

FACELIFT NECKLIFT PREOPERATIVE INFORMATION

Congratulations on making it this far in your decision-making process to have facelift and/or neck lift surgery!

To help you make a more informed decision, Dr. Hilinski has put together the detailed information here for your review. Please read through this in its entirety as these topics can and will greatly impact your surgical experience, recovery, and results.

If you have any specific questions or concerns, please contact our office staff to get these clarified well in advance of your surgery.

PREOPERATIVE APPOINTMENT

Once you have scheduled a surgical date for your procedure, a preoperative appointment will be scheduled.

We prefer to have you come into the office to see Dr. Hilinski in person for this visit. However, we understand that many of our patients live out of state and out of the country, therefore, a virtual preoperative appointment may be more feasible.

During the preoperative appointment several important issues will be reviewed and finalized in preparation for your actual surgery. This includes an open discussion with Dr. Hilinski where you will have an opportunity to have your remaining questions answered.

PREOPERATIVE MEDICAL CLEARANCE

If you have any active medical issues that put you at higher risk of undergoing surgery, Dr. Hilinski will require you to be seen by your primary medical doctor and/or a specialist to get 'medical clearance' to proceed with surgery. Medical clearance is, in essence, your other doctors confirming that your overall health is sufficiently stable to undergo rhinoplasty surgery under general anesthesia.

The onus for arranging and obtaining medical clearance is the responsibility of the patient – not our office. *As such, make sure you have satisfied this requirement prior to your preoperative appointment with Dr. Hilinski.*

In many cases, medical clearance will be predicated on you getting certain blood tests and/or other studies, such as an EKG or chest x-ray. Since these often need to be scheduled in advance, make sure you give yourself plenty of time to get them done.

Failure to get medical clearance in sufficient time may force us to cancel your surgery. So, plan accordingly.

ESTABLISHING REALISTIC EXPECTATIONS

Before you make the final decision to have surgery, it is imperative that you establish realistic

expectations regarding the surgical outcome.

The realistic goal of facelift and neck lift surgery is aesthetic improvement in the appearance of the face and neck region. Toward this end, Dr. Hilinski will always strive to attain the best possible cosmetic outcome for you.

But it is vital for you to know and accept the fact that perfect results will never be achieved. There is no such thing as a flawless result. You will always have imperfections, asymmetries (differences between the right to left), unevenness, skin laxity and irregularities with your face and neck even after meticulous, well-performed surgery.

Realistically, you should focus more on terms like straighter, lower, higher, smoother, narrower, wider, and better when it comes to assessing your results. And even then, there is no assurance these types of cosmetic changes will be realized.

The bottom line is there is no warranty when it comes to surgical results. In other words, there is no money back guarantee if you are not happy or satisfied with your aesthetic appearance.

If additional surgery is requested to achieve a desired change and/or result, there may be additional surgeon fees, operating room charges and/or anesthesia fees that apply.

OTHER RISKS

General

As with nearly all other surgical procedures, there are risks of infection, bleeding, bruising, tissue discoloration, over correction, under correction, functional problems, nerve issues, damage to adjacent structures, and the possibility that future and revision procedures may be needed to achieve improved results.

Unforeseen Conditions

On rare occasion, unforeseen conditions are encountered during a procedure. If this occurs, Dr. Hilinski may need to perform other procedures, which he may deem necessary or desirable to correct any unforeseen condition encountered during surgery.

Nerve Injury

One of the main risks specific to facelift and neck lift surgery is possible damage to the surrounding nerves. This includes nerves that move the face and neck as well as nerves that provide sensation to these areas. In some cases, the nerves can get inflamed from the surgery and become partially stunned or injured. In these instances, the nerve function will almost always return after a period of time. In very rare cases, the nerves can be permanently injured.

Bleeding

One of the other main risks specific to facelift and neck lift surgery is bleeding. If you follow our preoperative instructions, you will greatly decrease these chances. Despite this, there are some patients who have more bleeding than usual. This can often times be managed in the office setting but in some cases the patient needs to return to the operating room for further surgery.

Allergy Reactions

Occasionally, allergic or sensitivity reactions may occur from soaps, ointments, tape and/or sutures

used during or after surgery. Such problems are unusual and are mild and easily treated in most instances. In extremely rare circumstances, allergic reactions can be severe and require aggressive treatment or even hospitalization.

If you cannot accept all the aforementioned, please do not proceed with having rhinoplasty surgery.

AMBULATORY SURGERY CENTER LOCATION

Dr. Hilinski performs surgeries at his own fully accredited ambulatory surgery center, which is located at the same address as his office. The facility, The Hilinski Ambulatory Surgery Center, is owned and operated by Dr. Hilinski.

The Hilinski Ambulatory Surgery Center is currently accredited by the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF). More specifically, the center has earned Medicare-deemed status through AAAASF, which means it has the highest accreditation you can have as an outpatient surgical facility.

Record keeping and billing for the Hilinski Ambulatory Surgery Center are separate from those related to Dr. Hilinski's surgical practice. As a result, be prepared to fill out additional forms and sign different documents on the day of your surgery. These are records required by the surgery center. Billing for the ambulatory surgery center is also distinct. This would apply to anyone using health insurance to provide coverage for surgical services being rendered.

FINANCING YOUR SURGERY

If you are financing your surgery, please do not request to reserve a surgery date unless you are certain you want to have surgery.

In the case of financing, when you ask us to reserve a surgery date, the entire surgical fee will be processed through your financing company.

If you later decide to cancel your surgery (even with more than a 2-week notice), we will attempt to refund/reverse the transaction; however, there may be transaction fees, which cannot be refunded to you.

If you cancel within 2 weeks (14 days) of your surgery date, our cancellation policy and penalties will apply.

CANCELLATION POLICY

When you ask our office to schedule surgery for you, we must do several things (long before the day of your surgery), including, but not limited to:

- Reserve the operating room.
- Secure the necessary professional staff (nurses and surgical technicians) who will be needed.
- Arrange for anesthesia coverage for your procedure. The anesthesiologist is effectively giving up other work to be available for your surgery.
- Order and pay for any surgical supplies and/or implants needed for your surgery.
- Prepare the required equipment and sterilize the necessary instruments.

- We must turn down every other patient who may also want surgery on the day and time we have personally reserved for you.
- We also pay the office staff to ensure all the above is done for you, which can take a significant effort in many cases. At times, the office staff goes to great measures to accommodate patients and their desired surgical dates, under the expectation that patients will uphold their requests.

Because of these financial and time commitments we must take, we ask that you be definite about your desire for surgery and be certain that you have the funds available before asking us to get on our schedule.

The closer to your surgical date that you cancel, the higher the fee will be. Keep in mind these times below are NOT working days – they are calendar days.

- Cancellation within 2 weeks: you will lose your 20% deposit.
- Cancellation within 1 week: you will lose your 20% deposit plus \$2000.
- Cancellation within 48 hours: you will lose 50% of the total charges of the procedure.

If you are rescheduling, you will be required to pay a *new* 20% deposit. Your initial deposit does not apply to rescheduled surgery dates.

If you fail to follow our instructions in preparation for surgery and this is discovered on or near the scheduled date, Dr. Hilinski reserves the right to cancel your procedure and the above cancellation penalties will apply, including the additional rebooking deposit for a future date. Examples of this are patients who are told to stop smoking yet continue to do so and arrive at the center with obvious scents of smoke.

If you take any blood thinning medications and/or supplements within 2 weeks of surgery – which will contribute to significant surgical and postoperative complications, this will prevent Dr. Hilinski from performing your procedure in a safe manner. In this situation, your surgery will be cancelled, and the above penalties will apply.

RESCHEDULING YOUR SURGERY

If you request us to change your surgery date, it creates an immense amount of work and challenge for our staff.

We understand there are circumstances that do arise that are out of your control. However, such issues still leave our office with a logistical predicament that needs to be addressed.

Please be respectful of the fact that we cannot guarantee a certain time frame in terms of rescheduling your surgery. Dr. Hilinski tends to have a long surgical wait time and you may find yourself waiting a significant period before getting back on our schedule. We will do our best to accommodate your new requested time, but, again, there is no guarantee this will be in a timely manner.

RESTRICTED MEDICATIONS

Any surgery carries a risk of bleeding during or after the procedure. The risk of bleeding can be reduced by avoiding medication that can affect your blood clotting capability. **Please refrain from**

using any medication on the restricted list for at least fourteen (14) days prior to and seven (7) days after your surgery. Although this is not a guarantee, avoidance of the medications can significantly reduce chances of unwanted complications. **Tylenol is permissible within this time frame.**

Advil	Damason P	Nilain
Aleve	Darvon N with ASA	Norgesic
Alka Seltzer	Darvon compound	Novhistine with APC
Alka Seltzer Plus	Darvon compound 65	Pabirin
Anacin	Dolcin	PAC
Anacin Maximum	Dolene compound 65	Panodynes analgesic
Anexsia with codeine	Dolor	Percodan
Anodynos DHC	Duradyne	Percodan demi
APC	Duragesic	Persistin
Arthritis Pain formula	Ecotrin	Quiet world tablets
Arthritis Bufferin	Empirin with codeine	Relafen
Aspirin with codeine	Empirin compound	Robaxial
Aspirin	Equagesic	Stanback tablets
Aspirin enseals	Equagesic M	Stanco
Ascriptin	Excedrin	St. Joseph Aspirin
Ascriptin A/D	Excedrin PM	Super Anahist
Aspergum	Fizri powder	Synalogos DC
Asphal G	Fiorinal	Synalogos
B-A	Fiorinal with codeine	Talwin compound
Bayer	Fish oil	Traminicin
Bayer decongestant	4-way cold tablets	Trigesic
Bayer timed release	Gemisyn	Vanquish
BC tablets	Ibuprofen	Viromed
Bufferin	Indocin	Zactirin
Buff-A compound #3	Leech Extract	Zactirin compound
CAMA	Measurin	
Capron capsules	Meprogesic	
COPE	Midol	
Cogespirin	Momentum	
Coricidin D	Motrin	

Homeopathic Medications and Supplements

Refrain from ALL homeopathic medications and supplements, which includes dietary and/or workout supplements. This includes, but is not limited to the following:

Aloe Vera caps	5 PC-SPEC	Licorice root
Bilberry	Garlic	St. John's Wart
Cayenne	Ginger	Yohimbe
Echinacea	Gingko Biloba	Vitamin E

LEADING UP TO SURGERY

Smoking

You must refrain from smoking for at least four (4) weeks prior to surgery and two (2) weeks after surgery. You should also avoid being in the same room with people who smoke for the same period. Failure to do so will contribute to a significant risk of surgical complications, including very

poor wound healing and even frank skin loss.

Alcohol

You must refrain from drinking alcohol within two (2) weeks of surgery.

Sun Exposure

You must avoid sun exposure to your nose within two (2) weeks of surgery.

Arnica

Start taking Arnica five (5) days prior to surgery. Arnica is a supplement that Dr. Hilinski recommends for his patients to help reduce the incidence of postoperative bruising. Arnica will be provided to you at your preoperative appointment. If you are not having an in-person preoperative appointment, you can purchase a supply of Arnica at your local pharmacy.

THE NIGHT BEFORE AND DAY OF SURGERY

Topical Skin Products

Please remove all make-up, face creams, and moisturizers the night before your surgery and do not apply any of these on the day of surgery.

Nail Polish

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.

Piercings

You should remove all piercings from your body – including those outside of the head and neck region. If you fail to do so and we need to remove a piercing on your behalf, we will not take responsibility for damaging the hardware in the process of doing so.

Stop Eating and Drinking

You must avoid eating and drinking (including water) after midnight the night before your scheduled surgery date. Failure to do so can put you at risk of significant complications when being put under anesthesia.

Clothing

In preparation for the morning of your surgery, please have some comfortable, loose-fitting clothing. We prefer you come dressed in a button-down shirt as this minimizes concerns of you pulling a shirt over the face and neck region once bandages have been placed.

Valuables

Please do not bring any unnecessary valuables with you on the day of surgery as we cannot be held responsible for their loss and/or damage.

Transportation

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 our staff the day before your planned surgical date.

Your ride home must be with a responsible adult. You CANNOT take a cab, Uber, Lyft, or equivalent after having intravenous or general anesthesia.

Be prepared to have a responsible adult remain with you for at least the first 24 hours after surgery to assist with your needs. Our staff will ask you for their name and contact information upon arrival to the facility. If you don't have a trusted individual to stay with you, we can assist with hiring a professional caretaker – but this must be arranged in advance, and this will be at your own expense.

POSTOPERATIVE MEDICATIONS

Pain Medications

Dr. Hilinski will typically provide you with a prescription pain medication to be taken after surgery. Make sure you provide our office with accurate pharmacy information so that we can send this prescription in advance of your surgical date. You should have the pain medication in hand by the day of surgery so that you do not have to worry about getting the medication right after surgery.

Common narcotic prescriptions include Norco (Vicodin), Percocet and Tramadol. If you have any allergies or adverse reactions to any medications, please inform our office staff.

Begin taking the pain medication as directed once you get settled after the surgery. Of note, it may take several doses of the pain medication (over 4-8 hours) before your blood levels get up to the point where you feel the full effects. In a great majority of cases, patients will use the prescription narcotics for the first 2-3 days of recovery. Thereafter, you can try to switch to using just over-the-counter Tylenol for pain relief. *Please remember that you still cannot use any of restricted medications during the first week of recovery.*

Of note, the amount of narcotic medication prescribed to you should be ample in 99.9% of cases – meaning Dr. Hilinski will likely not provide you with a refill of the narcotic.

You must continue avoiding anything on the restricted medication list for at least seven (7) days after the surgery.

Benadryl

You may take some Benadryl during the first 1-2 days after surgery to help reduce your pain medication requirement since Benadryl can act as a sedative in this manner. Benadryl is over the counter and may be purchased at your local pharmacy. Take 1-2 tablets of these every eight (8) hours as needed.

Oral Antibiotics

Dr. Hilinski does not routinely prescribe oral antibiotics for this surgery. If he recommends an antibiotic in your particular case, a prescription will be sent to the same pharmacy where your pain medications are being sent.

Arnica

Continue taking Arnica for upwards of one (1) week after surgery.

POST-OPERATIVE APPOINTMENT

In most cases, you will be scheduled to visit with Dr. Hilinski 24-48 hours out from surgery for your

first post-operative appointment.

FACELIFT AND NECK LIFT DRESSING

At the conclusion of your surgery, you will have a bulky compression dressing around the face and neck. This is intended to apply pressure to the surgical area to prevent accumulation of blood and fluid under the skin. Be mentally prepared to have this tight dressing in place for upwards of 5-6 days after surgery. The dressing will be temporarily removed 24-48 hours after surgery for inspection of the surgical site, but it will be quickly replaced. During the time the pressure dressing is in place, you will have trouble hearing at normal volumes because the ears will be muffled.

WOUND CARE AND CLEANING

During the time the pressure dressing is in place, you will not have any wound care for the facelift and neck lift incisions. You may have to care for other areas if separate procedures were done concurrent with the facelift and neck lift. Be sure to clarify this with our staff.

Once the pressure dressing has been removed from the face and neck around 5-6 days after surgery, you will begin cleaning the incisions twice per day. Facelift and neck lift incisions typically start in the hairline just in front of the ear and extend downward along the junction of the ear and face then wrap around the earlobe to go along the backside of the ear. If Dr. Hilinski worked under your chin, there will be a separate incision underneath the front of your chin that will need to be cleaned as well.

Necessary Supplies

There are several over-the-counter supplies you should obtain prior to your surgical date. Some of these can be purchased at your local pharmacy while some of them will be supplied by the office.

This includes:

1. Quality-tips – more commonly known as Q-tips
2. A mild anti-bacterial soap (such as Dial)
3. A tube of over the counter Aquaphor ointment
4. As an alternative to Aquaphor, you can get Strataderm ointment, which is typically purchased online

Frequency

The cleaning should be performed in the sequence provided here two (2) times per day. In our experience, this frequency is ample for you to keep the incision free and clear of unwanted scabbing and crusting. The goal of the cleaning is to avoid accumulation and buildup of blood and crusting along the incisions.

Using Aquaphor:

1. Use a Q-tip saturated with the mild anti-bacterial soap. Alternatively, you can do this in the shower with a mild soap. First gently clean the sutures (stitches) along the entire incision. You want to clean using a light 'rolling' of the Q-tip along the incision line to remove visible blood and debris. In all, this should only take 30-45 seconds on each side.
2. Dry the incision with a new Q-tip.
3. Then apply a thin layer of Aquaphor ointment using a new Q-tip and the same rolling technique to cover the incision line. A thin layer of coverage is sufficient.

Using Strataderm

1. Use a Q-tip saturated with the mild anti-bacterial soap. Alternatively, you can do this in the shower with a mild soap. First gently clean the sutures (stitches) along the entire incision. You want to clean using a light 'rolling' of the Q-tip along the incision line to remove visible blood and debris. In all, this should only take 30-45 seconds on each side.
2. Dry the incision with a new Q-tip.
3. Wash your hands thoroughly and dry them. Apply a very thin layer of Strataderm along the suture line using the applicator and your finger. Allow the Strataderm to dry for 5-6 minutes. If it runs off the incision line and/or stays sticky, then you used too much. If this occurs, lightly blot the area with a Q-tip to remove the excess Strataderm and allow the area to dry. Of note, you will need to cut the Strataderm tip off the applicator with scissors the first time you use it.
4. Always wash your hands thoroughly before applying Strataderm. It should be applied twice a day every day. On the second application, you can simply reapply the Strataderm if the incision is clean. However, if you see some dried blood or crusting that needs to be removed, then clean the wound again as directed in step 1 above before reapplication.

OTHER POSTOPERATIVE CONSIDERATIONS

Showering

You need to be very careful that you do not get any of your bandages wet while they are in place.

Showering from the shoulders down is fine starting the day after surgery as long as you are careful enough to keep your bandages dry. If you had surgery below the shoulders, such as fat harvesting from the abdomen, you should wait until 72 hours after surgery before showering.

Once the bandages come off your face and neck at 5-6 days out from surgery, you can get these areas wet. But you will likely see some residue from the tape and discoloration from surgical markings that are still present. The goal is not to remove these by scrubbing the residue off. Rather, you should allow the soap and lather to drizzle onto the surgical sites, so the skin gets passively cleaned over the first few days of showering. You can very lightly sweep over the surface of the skin with the pads of your finger and soapy water. But do not rub and do not put pressure on the surgical sites in the process.

Head Positioning

Starting day one (1) and continuing for the first several months of healing you should be very mindful of where your head is positioned on your neck. Ideally you want to keep your chin in a neutral position or slightly lifted. This includes being very conscientious of where your chin is when using your phone. So many people unknowingly drop their chin down when looking at their phone. You really need to pay attention to this and avoid doing so or otherwise you will compromise your surgical results.

Sleeping

Starting on the day of surgery, you should sleep with the head elevated 20-30 degrees to help reduce swelling. In essence, you should sleep with your head above your heart level. You do not have to sleep bolt upright. Most patients will simply use several pillows to keep their head, neck and chest propped up at an angle.

You must also take precautions to avoid turning your neck while sleeping. This is critically important during the time you have your bandages in place, but you should continue this practice for upwards of 4-6 weeks after surgery. To help toward this end, many patients will use a travel pillow to help stabilize their head position while sleeping.

Diet

Start with a liquid or soft diet during the first 1-3 days after surgery. High protein content is advised to help optimize the healing process. After 3 days, you can transition to your normal diet, although you should continue to avoid salty foods for 4-6 weeks after surgery.

Fever

It is not unusual for patients to feel like they have a slight elevation in temperature (99-100°) during the first few days of recovery. In some cases, inadequate expansion of your lungs may be a contributing factor. Deep breathing 10 x per hour may also help.

Cold Compresses

During the first 3-4 days of recovery, you may develop bruising and swelling around the middle of the face. It is not uncommon to see this extending into the lower neck region as well. You may apply cold compresses over these areas to help minimize bruising and swelling. A nice plastic surgery trade secret involves using corn syrup in a sealed sandwich bag. If you keep these in the freezer, they will become very cold and act like a gel pack (since they won't really freeze like an ice cube) that readily conforms to the shape of your face and neck. If you do so, apply the cold compress for 20-30 minutes each hour - but make sure you are not getting your bandages wet.

Brushing Your Teeth

You can begin brushing your teeth the day after surgery but do so gently without pulling or moving your cheek too much in the process.

Masks

After the bandages come off, you may start using a mask. However, it is advisable to only use the type of mask that has a tie mechanism over the back of the head as the looped mask will cause unwanted friction on the surgical incisions.

Eyeglasses or Sunglasses

You should be prepared to avoid wearing eyeglasses and sunglasses for upwards of 2-3 weeks after surgery. In the early period of healing, glasses may rub on the incision line around the ear and disrupt the wound healing. You may want to switch to contact lens use during this period as needed.

Makeup After Surgery

You may resume use of makeup starting seven to ten (7-10) days after surgery if you are very careful with application and removal around the incision lines. In doing so you must refrain from mechanically traumatizing the scars in any fashion as this can lead to unwanted complications.

Sun Precautions

You should avoid direct sun exposure to the incisions for upwards of twelve (12) months after surgery. It is best to use a sun block that contains aluminum oxide or zinc oxide crystals to help reflect sun. A wide brimmed hat is also helpful in shading the incisions when outdoors.

Exercise

You should avoid vigorous exercise and strenuous activity for the first 4-6 weeks of recovery. This includes avoidance of body positions where your head is left hanging down. Very light exercise in the form of a casual walk is permissible once the facelift bandages are removed. But make sure your heart rate and blood pressure are not elevated until 4-6 weeks postoperatively. Once you do resume more vigorous exercise, you should still avoid activity, such as yoga, Pilates and swimming, that involve turning and twisting your head on the shoulders. These should be avoided for upwards of 3-4 months after face and neck lift surgery.

Numbness and Tingling

Numbness is quite common after facelift and neck lift surgery. In most cases, the numbness will completely resolve over time. The lack of sensation may be appreciated for upwards of 3-6 months after surgery on average. As the nerves start to awaken, you may notice intermittent tingling sensation in different areas of the face and neck, which may continue to occur for upwards of one (1) year after surgery.

TIMELINE FOR RECOVERY

Healing from facelift and neck lift surgery requires quite a bit of patience as it can take upwards of 1-2 years before results are realized. It is important that you take this into consideration as you go through all the phases of surgical healing.

Your first postoperative visit will typically be 24-48 hours out from surgery. During this visit, the bandages are removed but replaced.

You will then be seen typically 5-6 days out from surgery. The bulky bandages will be removed, and you will be given an elastic wrap with Velcro that can be removed for showering etc.

In most cases, patients will appear 'supermarket' presentable in 10-14 days out from surgery. This means that you can likely be standing in line at the supermarket and strangers won't think twice about your appearance. You still have swelling and there are signs of healing, but you can feel generally comfortable in most social settings.

QUESTIONS AND CONCERNS

If you have any questions or concerns regarding the information contained here, please do not hesitate in contacting our office.