

## PREPARATIONS FOR YOUR FACELIFT / NECKLIFT SURGERY

**Date:**                      **Arrival Time:**

### **FOUR WEEKS BEFORE YOUR SURGERY:**

Some medications can interfere with anesthesia and cause undesirable side effects that could affect your surgery. Please read over the enclosed medication information list and let us know if you are taking any of them. **Aspirin-containing products should not be taken 2 weeks before or after your surgery.** Tylenol is an acceptable medicine to take for any aches or pains prior to your surgery.

If you develop a cold, facial sore or any illnesses prior to surgery, please notify us.

If you color or perm your hair, have this done at least two weeks prior to your surgery so your scalp will not be irritated. You should not have color or a perm for three weeks following surgery.

Please inform my office of any homeopathic remedies you are taking prior to your surgery. Most herbal and homeopathic medications interfere with anesthesia, cause bleeding, and inhibit wound healing.

Stop all hormone supplements and use another form of contraceptive if sexually active.

**Smoking will affect how you heal. It is very important to discontinue smoking for at least 4 weeks before surgery (this includes use of smokeless tobacco products, and nicotine patches or gum). If you do not, then you need to tell Dr. Kenkel.**

### **THE EVENING BEFORE YOUR SURGERY:**

Get a good night's rest.

Make some jello and/or soup for after your surgery.

Do not eat or drink anything after midnight.

Shower or bathe the night before your procedure.

In preparation for your surgery, place two pillows for elevation of your head and shoulders on your bed.

### **THE MORNING OF YOUR SURGERY:**

If you are taking medications, please discuss these with Dr. Kenkel. Some medications may need to be held the morning of your surgery. **Do not eat or drink anything.**

Do not wear contact lenses, hairpieces, hairpins, or jewelry. Do not bring personal valuables such as jewelry or cash. Wear loose comfortable clothing, preferably a button or zip up top (do not wear a top that has to be slipped on over your head), loose pants, and comfortable, slip-on shoes. You may wish to bring a hat or scarf as well as some sunglasses to wear home.

Please be sure someone can drive you home and stay with you for 24 hours. You will not be allowed to drive yourself home.

## AT HOME AFTER YOUR SURGERY:

After surgery, it is best to go to bed and elevate your head and shoulders using two pillows. Do not use a pillow behind your head for the first week as this may affect your neck shape. You may use a small roll or "neck" pillow under your neck for support. Avoid bending forward at the neck for the first week.

For the first 48 hours, please avoid any type of straining. It is not good to lie in bed without moving, so flex your feet and legs a couple times every hour while you are awake.

A light diet is best for the day of surgery. Begin taking liquids and slowly progress to soups or jellos. You may start a regular, soft diet the next day. Never force yourself to take solid foods initially. The most important thing is to keep up with your fluid intake.

Avoid eating salty foods for the first few weeks. It may accentuate your swelling and delay your recovery.

If you have pain or discomfort, take the pain medication every 3-4 hours. It is best to take pain medication with crackers, jello, etc. If you do not have pain, do not take the pain medication. Do not drink alcohol while taking pain medication.

You may have drains in place under the skin after surgery. These will be secured but avoid pulling on them. The bulbs connected to the end of the drains should be kept compressed at all times. Instructions regarding the drains will be given to your caretaker. The drains will be removed within three days.

Clean your stitch lines, in front of and behind the ears and under the chin, with half strength hydrogen peroxide (dilute with water) twice a day.

You can expect some swelling of the face after surgery. If the swelling on one side is definitely more pronounced than on the other side, or if you are having pain, which is not relieved by the pain medication, contact our office at 214/645-2353.

Avoid turning your head to either side, as this will pull on the stitch lines. To turn, move your head and shoulders as a unit. Dr. Kenkel will specifically tell you when you can bend and turn your head.

You should wear the compression strap given to you as much as possible during the first week. If you want to remove it for an hour or so that is ok. During the second week try to wear it at night when you go to bed for extra support.

Remember, if you are a smoker, **DO NOT SMOKE** until Dr. Kenkel tells you it is okay. This is very important.

You may also be given medications for sleep and for anxiety. Take these as directed.

## OTHER POSTOPERATIVE INSTRUCTIONS

Visitors should be discouraged and facial movements (smiling, talking, chewing, yawning, etc.) kept to a minimum for the first week.

After your dressing and drains have been removed, you may wash your hair with baby shampoo. Lather your hair gently using the palms of your hands and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of your hair. Do not use hairsprays, conditioners, gels, etc., while the stitches and clips are in place. You may start washing your face gently with a bland soap (Neutrogena, Ivory, etc.) You may use a moisturizer on your face, being careful to keep it away from the stitch lines.

Your hair may be dried with a blow dryer on a cool, **NOT** a hot, setting.

Hair coloring should be delayed until three weeks after surgery, when healing is completed and no crusts remain.

Strenuous activity should be avoided for two weeks. Normal activities can be gradually resumed after two weeks but strenuous activities should be avoided for another week.

The skin on your face is sensitive to sunlight after surgery. Protect your facial skin from excessive exposure to the sun for eight weeks. Wear wide brimmed hats and sunscreen (SPF30 or greater) if you have to be in the sun for prolonged periods.

You will be given a scar cream to use once your sutures are removed. In general the scars in front of the ears heal faster and fade in color quicker than those behind the ears.

## **GENERAL INFORMATION:**

Your face and neck will feel tight and there will be a feeling of numbness in these areas for several weeks to months after the surgery. This will disappear and the feeling will return. In general, the area in front of your ears recovers from the numbness last.

Cosmetics can be worn on the face as early as three days after surgery.

Strenuous activity/heavy lifting of objects greater than ten pounds should be avoided for six to eight weeks or until directed.

All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF30 or greater for at least six months.

Please take all medication carefully and as directed. Please follow all instructions, which may accompany the medications, such as taking it with food or avoiding alcohol, driving restrictions, etc. Take medications at the specific times they have been ordered. Failure to take your medications as instructed could influence your results.

If you have nausea, vomiting, rash, shortness of breath, or diarrhea after taking your medications, please call the office.

If you develop a fever (oral temperature greater than 101°), redness or increased pain at the surgical incisions, please call us immediately.

Bruising and swelling are normal and will disappear in time.

You may resume driving when you are no longer taking narcotic pain medications and feel unrestricted by pain.

Remember to follow any special instructions, which have been given to you and call our office if you have any questions.

**OUR TELEPHONE NUMBER IS (214) 645-2353 (answered 24 hours a day)**