

Post Operative Instructions for Face and Neck Lift Surgery/Liposuction

Pre-Surgical Instructions

- Do not wear make-up, creams, perfumes, moisturizers, or skin products the morning of the surgery.
- If provided with a shampoo or cleanser, use this the evening before the surgery as well as the morning of surgery.
- Discontinue ALL non-prescription, over the counter supplements. This includes all non-prescription herbal or homeopathic supplements for 7 days prior to surgery.
- Discontinue medications such as aspirin and non-steroidal anti-inflammatory medications such as Motrin, ibuprofen, naproxen, Bayer, etc. Please discuss with Dr. Diepenbrock if any of these medications have been prescribed by your physician.
- Have someone drive you home after surgery and help you at home for 1-2 days.

Activities

- Start walking as soon as possible, this helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until you are no longer taking any pain medications (narcotics).
- Back to work or daily activities in 10-14 days.
- Full social activities can usually be resumed in 2 weeks

Home care

- You have just made a significant investment in your appearance. The more closely you follow the following instructions, the better you will feel during the healing phase and the more satisfied you will be with your final results.
- After your face lift surgery, significant swelling and bruising may occur and is expected. It is possible that your eyes may swell shut overnight and this is not a concern and will resolve quickly. Any severe eye pain or inability to see light or count fingers should be reported to Dr. Diepenbrock immediately.
- At the completion of your facelift, a "Jaw Bra" will be placed. This dressing should stay on until your follow-up appointment the following day. This dressing is essential to decrease swelling, chance of bleeding, and to improve your final results. You should wear your jaw bra 24 hours per day for the first 2 week. The only time this should be removed is to clean the incisions and bathe. After the first two weeks, you should wear the jaw bra while at home and while sleeping for 12 hours per day. This dressing acts as a compressive wrap and may actually make you feel better.
- The goal of your recovery is to keep your head propped up and take it easy! Lifting, bending, or activity that elevates your blood pressure can cause dangerous complications and needs to be avoided until cleared by Dr. Diepenbrock. You don't do this every week, so take care of yourself and follow instructions!
- Elevate your head on several pillows or sleep in a recliner. Elevation helps diminish the swelling. Ice compresses should be used for the first 24 hours after surgery. You may begin using warm/moist compresses on the second day after surgery. Ensure the compress is not too hot, as the area may have some numbness and can cause burns. Check the temperature on the back of your hand. Do not fall asleep with warm dressing on as this may lead to tissue death and scarring.
- Beginning the day after surgery, you or a care giver will begin cleaning and caring for your incision line. Mix 1-part hydrogen peroxide and one-part water and clean the area in a circular fashion with a cotton tip applicator (Q-tip). After cleaned, apply a liberal coat of antibiotic ointment to your suture or staple lines with. Do this 4-5 times per day. Discontinue the antibiotic ointment at 7-10 days or until instructed otherwise. Continue to clean the incisions line with hydrogen peroxide and water until no "scab" is noted. Thorough cleaning and maintenance will help prevent clotted blood and scabs from forming and improves the final scar.

- You may gently wash your hair with a mild shampoo, such as baby shampoo, 24 hours after your surgery. Use a conditioner to help remove tangles from the hair. Avoid pulling on the sutures or staples when brushing the hair. You may experience some numbness of your scalp, so be sure to use the low heat setting if you blow dry your hair as not to burn your scalp.
- Some bruising and swelling is expected with this procedure and should resolve gradually. You may experience blurred vision due to swelling or ointment used in the eyes. This will resolve over the first several days. Headaches may occur and should resolve within the first three to five days. You may experience numbness or decreased function of your forehead and scalp. This may last a few days or longer. The scalp and face in front of and behind your incision may remain numb and/or itchy for several weeks to months. The numbness and itching sensations are very common and seem bothersome at first, but usually resolve without a problem.
- Your neck will feel very tight after the surgery. Resist the urge to rotate your neck. If you have to look to the right or left, rotate with your shoulders. Do not drive while your neck is this tight as it will restrict your ability to check your "blind spots".
- Take all medications as directed. If you have any questions, please contact the office.
- You may drive a car when you can comfortably move your head, have no blurring of vision, and are not taking pain medication. No bending over, heavy lifting or strenuous exercise should be done for the first two weeks. You may walk to keep in shape, as this will not compromise your healing or final result. Dr. Diepenbrock will advise you on increasing your activity at your office visits.
- Get plenty of rest! Plan on taking it easy for at least the first week. You have both time and money invested into this procedure and there is no reason to compromise the final results by being too active.
- Follow balanced diet. Decreased activity may promote constipation, so you may want to add more raw fruit to your diet, and be sure to increase fluid intake. Avoid foods that contain salt; particularly canned foods such as soup, as this can aggravate swelling.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin until approved by your surgeon.
- Do not take any herbal medications or over the counter medications (non-prescription) until you have conferred with Dr. Diepenbrock. These medications are not regulated by the Food and Drug Administration and may have unwanted side effects such as increased bleeding, swelling, and bruising.
- Do not drink alcohol when taking pain medications. Even when not taking pain medications, no alcohol for 3 weeks as it causes fluid retention. Do not smoke, as smoking delays healing and increases the risk of complications.
- Please schedule a follow-up appointment at 24 hours and 6 days unless directed otherwise.

REPORT ANY OF THE FOLLOWING BY CALLING 260-436-6898(NUYU)

- Excessive bleeding.
- Itching, redness, or rash around the incision lines or eyes.
- Temperature above 100.5 degrees orally.
- Excessive sudden swelling or discoloration.
- Excessive fatigue or depression
- Persistent pain.