

## Facelift / Necklift

### Pre-operative instructions

- Do not eat or drink anything after midnight the day before the operation
- Please follow instructions from hospital or ambulatory surgery center about when to arrive to facility prior to surgery
- Wear comfortable clothing that is not too tight. These clothes have the possibility of getting dirty. Shirts with buttons are often easiest to get on and off.
- Arrange to have someone available to pick you up after your operation
- Leave all valuables at home
- Shower the morning before the operation but don't apply any moisturizers or perfume
- Don't shave any areas to be treated for at least 3 days before your operation
- Pick up your prescriptions the day before your operation. Please bring them with you at the facility
- Don't take any aspirin, NSAID's or herbal supplements for 2 weeks before your operation

### Post-operative instructions

- You will go home same day. Please have someone adult greater than 18 years of age to take you home and be with you for first 24 hours after the surgery
- When you awake from the operation you will have drains behind your ears. These will be removed the day after surgery. You will have dressing around your head and neck. Dr. Shah will remove that dressing a day after surgery and put a new loose dressing. That will be removed a week after surgery.
- Avoid lifting your chin above neutral position or turning your head from side-to-side to keep from stretching out your surgical site. It is preferable to keep your neck bent down slightly while you are recovering
- It is common for patients to feel somewhat nauseated after your operation so eat small, light meals until you feel well.
- Please apply antibiotic ointment twice a day on your incisions for 1 week
- Narcotics can make you feel nauseated if you take them on an empty stomach, so take them with a small amount of food.
- Your face will be quite swollen and somewhat bruised following the operation. To reduce the swelling, speed your healing and achieve optimal results:
  - Sleep with your head elevated for a week or until your swelling has resolved
  - No strenuous activity or exercise for 4 weeks
  - No bending with your head below your knees for 4 weeks
  - Avoid extremely salty foods like soy sauce, processed meats and salty soups for 2 weeks
  - Do not go into steam rooms or saunas for 2 months
- It is ok to shower 3 days after your operation but just allow the water to run over your incisions and do not scrub your wounds.

- Use Johnson's baby shampoo to limit irritation
- Do not apply makeup over your wounds for 2 weeks
- Eat soft foods for one week following the operation to reduce the stretch on your neck and face
  - Do not chew gum for 3 weeks
- Less talking for 5-7 days
- Avoid sun exposure to your incisions for 2 months and apply sunscreen (at least SPF30) afterward
- No alcohol for 2 weeks
- No driving while you are on narcotics or until you are able to react to an emergency situation
- It is common to have decreased sensation around the surgical sites so be very careful not to burn yourself if you use a hairdryer

Please feel free to call with any questions.

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