



POST-SURGICAL INSTRUCTIONS FACE/NECK LIFT

1. If you have excessive drainage, swelling, bleeding or pain, call our office at 703-962-2520. After office hours, you may reach Dr. Chopra on his cell phone at 571-236-1977.
2. **Do not smoke or be exposed to second hand smoke for two weeks before and after surgery.** Smoking reduces capillary flow in your skin causing necrosis, or death, of tissues and permanent visible scarring.
3. Do not drink alcohol one week before and after surgery because it dilates the blood vessels and could increase postoperative bleeding. Do not drink alcohol until you have stopped taking the prescription pain pills as the combination can be dangerous.
4. DO NOT TAKE ASPIRIN, IBUPROFEN (MOTRIN, ALEVE), FISH OIL, VITAMIN E, GINGKO BILOBA or ST. JOHN'S WART for at least two weeks before and after the operation.
5. No flying or prolonged travel (over 1 hour of travel time regardless of method of transportation) for at least two to four weeks before and after the procedure.
6. You need to eat a high protein diet, 80-100g a day for your body to heal well and quickly. Protein shakes may be necessary to fulfill this requirement.
7. **Medications:**
 - Pain:
 - For discomfort, take pain medication as directed.
 - If you are no longer taking the narcotic, two Tylenol (Acetaminophen) 500mg tablets every 3-4 tablets help most discomfort. Take no more than 8 tablets per day.
 - Narcotic pain medication is constipating; therefore, take Colace or fiber supplements such as Metamucil or Senekot regularly. If you are prone to constipation you may want to increase your regular dose to prevent constipation from occurring.
 - Note: narcotic pain medication can only be given as a written prescription. It is therefore important to be mindful of the possible need to have someone available to pick up refills from the office.
 - Call the office at (703) 962 2520 if you have severe pain that is not responding to pain medication.
 - Nausea:
 - Take pain meds with food to prevent nausea. A couple of crackers aren't enough.
 - Take medication 30 minutes prior to the narcotic to prevent nausea from occurring every 4-6 hours.
 - Antibiotic:
 - Take antibiotics until prescription is finished to avoid infections.

8. **Daily activities:**

- Two weeks off of work is required but 3 weeks off is preferred. Working from home: Do not do meaningful work or make important decisions when on narcotic medication.
- For your safety we require that an adult stay with you at least the first 24 hours and drive you to your next day follow up visit. Transportation via taxi is not permitted.
- Mobilize throughout the day; no permanent bed rest. We advise to walk around 3-5 times per day in addition to mobilizing for meals and to the bathroom.
- You may shower and wash your face 48 hours after the procedure. Use lukewarm water with soap, and gently pat the incisions sites dry. No baths or prolonged showers of over 5-10 minutes.
- You may gently wash your hair 48 hours after the procedure. Use a gentle shampoo, being very careful at the incision sites.
- Rest with your head elevated above your heart for at least the first 7 days after surgery to help reduce the swelling. No bending or leaning forward as this will cause increased swelling and bleeding tendencies. Also avoid standing over hot stoves and surfaces, as this will also increase swelling.
- Excessive talking and chewing should be avoided for the first few days. A soft diet is recommended.
- Regular exercise and lifting objects heavier than 10lbs is restricted for 4-6 weeks.
- You may drive when looking over your shoulder does not cause pain and you are completely off all narcotic pain medication.

9. **What to expect:**

- If undergoing general anesthesia, you may experience a sore throat. This is not uncommon and should resolve in a few days. You may use throat lozenges to help with the discomfort.
- Most of your sutures will be removed on the 7th day following surgery and any remaining sutures will be removed the following week.
- During the healing process, you will experience different sensations including discomfort, stinging, itching and localized burning.
- You should anticipate a variable degree of numbness in the areas treated after the procedure.
- Much of the swelling usually subsides by 7-10 days.
- Bruises and discoloration may take 3 weeks to resolve. Light make-up may be used to cover bruises after a week.
- Scars take on average 12-18 months to fully mature. During this period, staff will advise an appropriate time to start scar management.
- Everyone heals at a different pace. Be patient with your body during the recovery process.

10. **Garments and dressings:**

- Do not remove any bandages or dressings unless told explicitly to do so. On average, we will remove most of the dressings the first post-operative day.
- Dressings must be worn continuously until the next follow up appointment. This appointment takes place usually 24 hours after the procedure.
- If given a neck binder, your physician will let you know for how long it must be worn. You may take off the binder for washing your face and showering.

Please understand the physician may adjust the above instructions based on your progress and needs