

# THE FIRST GLANCE

## Face and Neck Lift Post-Operative Home Care Instructions

### Supplies to have at home:

- **Your prescription medications** (you may get your Prescription prior to your surgery or on the day of your surgery)
- **Gravol** (oral medication *and* suppositories)
- **Stool softener** (*ie: Restorolax/Lax-a-Day/Senokot*). Used to prevent constipation- **\*\*start if no BM for 2 days**
- **Reactine** (anti-histamine to help with itchiness associated with medications or wound healing)
- **Polysporin Triple or Complete ointment** (only if you have not been prescribed Fucidin ointment)
- **Hydrogen Peroxide**

### Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

### Immediately after surgery:

Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.

Avoid lying flat and avoid bending your neck forwards – keep a small rolled-up towel under your neck at first whenever you try to read. This helps you to avoid having your chin touch your chest as this can place excessive pressure on tight areas behind your ears that are healing.

If you have had eyelid or brow lift surgery: Use cold gel packs or a Ziploc bag containing frozen peas applied to your eyes for 10 minutes every hour that you're awake to help reduce swelling and bruising. If you had fat injections, **DO NOT APPLY ICE TO THESE AREAS.**

Use pain medication and any prescribed medication as directed by your surgeon/nurse to reduce pain and discomfort. Discomfort is expected, the goal is to make the discomfort tolerable. Use stool softeners to reduce the risk of constipation associated with analgesic use.

### Daily Activities:

Avoid straining, heavy lifting or any activity that will raise your blood pressure for the first 14 days after your surgery. Wear comfortable, easy to slip on footwear to avoid bending down. Avoid vigorous exercise for 3 weeks after your surgery unless otherwise advised by your surgeon. If you resume any of these activities sooner than recommended you increase your risk for complications, especially bleeding.

# THE FIRST GLANCE

## Wound care:

If paper tape or Steri-strips have been applied, leave them on until they come off by themselves or are removed by your doctor. Any dressings will usually be removed by your doctor **24-48 hours** after surgery.

If you have drains, **do not** shower, or get the area wet until the drains are removed, this is usually done **24-48 hours** after surgery.

Shower and shampoo your hair approximately **12-24 hours** after your drains are removed. Avoid super-hot water temperatures. After showering, gently dry your incisions with a clean towel and apply a thin layer of antibiotic ointment once or twice a day to all incisions (Fucidin ointment if this was prescribed to you, otherwise use Polysporin Triple/Complete ointment)

Crusted areas can be gently cleansed with Hydrogen Peroxide and a cotton swab once daily. Do not pick scabs.

Most sutures used are dissolving, some other sutures may need to be removed **5-7 days** after your surgery. Your cheeks and neck are likely to be numb at this time and may take several months to recover feeling.

Begin to wear your compression garment once drains are removed. Dr. Brichacek will assist you with putting this on the first time. Wear full time, apart from when showering, for 2 weeks, then for 12 hours per day for 2 more weeks. The garment can be worn full time for the second 2-week period if desired, but it does not need to be.

“Puckering,” and “Dimples” are commonly seen in the cheeks and side of the neck for several weeks and may take some time to resolve.

Swelling is expected and it can take up to 4 months for you to look like “yourself” again.

**\*If you experience increased pain and swelling in your face or neck, or in one cheek more the other, call your doctor immediately.**

\*Do not sleep with pets in the bed to avoid infection

\*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection.

\*Avoid exposure to second-hand smoke for at least the first few weeks after surgery.

# THE FIRST GLANCE

Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

## **After Hour Care**

If there is a concern about your surgery or your healing, please call The First Glance Clinic at **204-885-1419**.

**If the clinic is closed (evenings or weekends) or in case of an emergency, please call Dr. Brichacek 204-898-9933**

**If after 3 attempts you cannot reach Dr Brichacek, please call the plastic surgery resident by calling St Boniface Hospital Operator at 204-237-2053**