

PAUL D. DURAND, M.D.
PLASTIC SURGERY

Post-op Instructions
FACE LIFT/NECK LIFT

Medications you *HAVE* to take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.
2. **Medrol pack (methylprednisolone)** – steroids, these help with inflammation and swelling after surgery.
 - Start the first morning after your surgery

Medications you can take *as needed*:

3. **Hydrocodone** – pain medication, take only as needed every 6 hours.
 - Take this medication with a stool softener as it will constipate you.
 - If pain is controlled, it is best to just take Tylenol instead.
4. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
5. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.
6. **Mupirocin ointment** – antibiotic ointment, see below for instructions.
7. **Arnica cream/gel** – can be bought over the counter and used on face to prevent/treat bruising!

Start the night of your surgery:

- Sleep with the head of the bed elevated or on several pillows to help with swelling.
- Avoid talking as much as possible as to not strain facial muscles.
- The first night the dressing will feel pretty tight, that's normal. Ok to loosen only if needed.
- Mild sore throat is normal from the anesthesia tube. Ok to take use Chloraseptic spray to alleviate this.
- Soft diet – shakes, soups, lots of liquids, low salt.
- Can take your first dose of antibiotics that night after eating something.

Starting the morning after your surgery:

- Continue sleeping with the head of the bed elevated for that first week.
- Avoid talking as much as possible to let your face muscles rest.
- Start the **Medrol steroid pack** that morning.

- May slowly start transitioning to your regular diet, but avoid any chewy foods (e.g. steak) for 2 weeks.
- Ok to shower from the neck down.
- After we see you on your first follow-up after surgery and change your initial dressing you have to start the easy cleaning instructions on next page.

***Easy cleaning instructions:**

EVERY MORNING AND NIGHT YOU HAVE TO:

1. **Hydrogen peroxide** cleaning of incisions and crusted blood –
 - a. Mix 1 part hydrogen peroxide and 1 part water. Use this with a Q-tip to clean your incisions in the hairline, in front and behind your ear. It's normal to have some white bubbles form from the old crusted blood dissolving.
2. **Mupirocin** ointment to facelift incisions surrounding the ears where you have used the hydrogen peroxide mix above. Make sure all incisions are always moist. Apply at least 2 times a day.

***Arnica gel** – ok to use starting on day 1 on face to prevent/treat bruising!

OTHER IMPORTANT INSTRUCTIONS:

Showering:

- Ok to wash hair on day 3 after surgery. Do this with assistance at home. Pad dry incisions gently.
- After shower continue with your wound care twice a day as instructed above.
- No pools or swimming for 4 weeks.

Activity Restrictions:

- **DO NOT SMOKE OR VAPE!**
- Weeks 1-3 => no lifting more than 10 lbs.
- Week 4 => ok for light exercise, but no heavy weight-lifting.
- Week 6 => ok to go back to your pre-surgery exercise routine, ok for swimming.

Chin Strap/Dressing:

- Continue wearing the chin strap 24 hours a day for at least 2 weeks after surgery.
- After two weeks, you can use chin strap only at night for two more weeks.
- The longer you use the chin strap the better your neck result will be.

Scar care:

- Mupirocin antibiotic ointment => use in incisions for the first 2 weeks after surgery.
- Silicone scar cream =>
 - o Can be purchased in the office or bought at a local drug store.
 - o Use starting at 2 weeks on incisions as instructed on box.

- o Can use for the next year.
- Sun protection:
 - o This is the most important part of scar care!
 - o After second week of surgery can use sunblock on incisions every day, even when staying at home.
 - o Wear a wide hat and sunglasses if needed.