

Daniel Careaga, M.D.
PLASTIC SURGERY

Post-op Instructions
FACE/NECK LIFT

Medications you *MUST* take:

1. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.

Medications you can take *as needed*:

2. **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.
3. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
4. **Scopolamine patch** – anti-nausea patch, ok to remove the day after surgery.
5. **Triple Antibiotic** – antibiotic ointment, see below for instructions.

START THE NIGHT OF YOUR SURGERY:

- Soft diet after surgery: (first day) – you can have chicken broth, shakes, Jell-o, yogurt, applesauce, cranberry/grape/apple juice.
- After having your first meal after surgery you can go ahead and take your medication. (Antibiotics must be taken as directed. Pain medication as well as nausea medication can be taken as needed) you must have a meal first.
- Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side or flat. Keeping your head elevated will minimize swelling. Continue this for a week.
- Avoid talking as much as possible as to not strain facial muscles.
- The first night the dressing will feel 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.

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

SHOWERING:

- Ok to shower from the neck down next day after surgery. Avoid water to face.
- 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 weightlifting.
- 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:

- Triple antibiotic ointment => use in incisions for the first 2 weeks after surgery.
- Silicone scar cream => 1 Month
 - o Can be purchased in the office.
 - 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.

WHEN TO CONTACT YOUR DOCTOR OR SEEK MEDICAL ATTENTION:

- Any fever or signs of infection (Any redness or drainage from incisions).
- Any difficulty breathing.
- Excessive bleeding from incision.

DO NOT'S

- **DO NOT** soak in baths, jacuzzies or hot tubs until instructed by your doctor.
- **DO NOT** take Aspirin, Ibuprofen, Naproxen, or other blood thinners until your surgeon advises you it is safe.
- **DO NOT** apply heating pads or ice packs to the treated area.