

PAUL D. DURAND, M.D.
PLASTIC SURGERY

Post-op Instructions
FACE LIFT/NECK LIFT

Medications you *HAVE* to take:

1. **Clonidine patch** – you can apply patch to either shoulder the morning of surgery. This helps regulate your blood pressure during the first 48 hours after surgery. It is ok to remove this then.
2. **Cephalexin (or Clindamycin)** – antibiotics to prevent infection.
 - Start first dose the night of your surgery day. Take with some food.
3. **Medrol pack (methylprednisolone)** – steroids, these help with inflammation and swelling after surgery.
 - Start the first morning after your surgery. The instructions are on the back of the rectangular packet in which they come

Medications you can take *as needed*:

4. **Tylenol with Codeine**– 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 regular Tylenol instead.
5. **Ondansetron (Zofran)** – anti-nausea medication, take only if needed every 6 hours.
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 diet.
- 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 section.

***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 Wrap:

- Continue wearing the chin strap/wrap 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 or until there are no remaining scabs in your incisions.
- ***Silicone scar cream*** =>
 - Can be purchased in the office or bought at a local drug store.
 - Use starting at 2 weeks on incisions as instructed on box.
 - Can use for the next year.
- ***Sun protection:***
 - This is the most important part of scar care!
 - After second week of surgery can use sunblock on incisions every day, even when staying at home.
 - Wear a wide hat and sunglasses if needed.