



UTAH FACIAL PLASTICS
Transformation you can Trust

PRE-OPERATIVE INSTRUCTIONS FOR IN-OFFICE DEEP NECK CONTOUR

3-4 WEEKS BEFORE SURGERY:

- *Obtain Medical Evaluation.* If instructed by UFP make a visit to your primary care doctor to complete your medical evaluation. This should be completed at least 2 weeks before surgery. All results can be faxed to 801-615-2258.
- *Smoking.* Tobacco, cigarettes, and nicotine consumption will cause poor wound healing, longer healing times, and excessive scarring. We advise discontinuing these products more than 4 weeks prior to surgery. Otherwise, the surgery will be cancelled.

2 WEEKS BEFORE SURGERY:

- **DIET/SUPPLEMENT RESTRICTIONS:** Avoid foods, drinks and herbal supplements that can increase risk of bleeding and bruising. Avoid aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. Use Tylenol in place of other over-the-counter pain medications. Stop all alcohol use.
- *Vitamin C.* Begin taking 1000 – 3000mg per day as tolerated 2 weeks. Vitamin C aids in wound healing.
- *Post surgery.* If your destination after surgery is more than 60 minutes from the office, you must make arrangements to stay locally.

1 WEEK BEFORE SURGERY:

- *Review Instructions with Caregiver.* Confirm who will be driving you to and from surgery and stay with you for at least 24 hours after surgery. Caregivers must be over 18 years of age.
- *False eyelashes.* Have any false lashes removed, including extensions or strip lashes. Fake lashes tend to grip tightly to the adhesive put over your eyes during your surgery.
- *Meal prep.* Stock your kitchen with soups, crackers, smoothies, and any soft foods. Eating food that requires much chewing may be difficult after a facial procedure.

NIGHT BEFORE SURGERY:

- *Arrival time.* Our office will call the day before surgery with the arrival time. If you don't receive a call or for further questions, call the appropriate number below:
 - Utah Facial Plastics: (801)-776-2220
- *Shower.* The night or morning of surgery, take a shower and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Arrive on the day of the procedure with a clean face.
- *Set Up Home Recovery Area.* This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

DAY OF SURGERY:

- Eat and drink as normal. Do **NOT** have any caffeine.
- *Arrival to Facility.* Please arrive on time at your designated surgical location as stated by your patient coordinator. Make sure your trusted caregiver arrives and leaves with you.

- *Dress Comfortably.* Dress in comfortable, clean, and loose-fitting clothes. Shirts that can be buttoned or zipped up are preferred.
- Do NOT wear any makeup, moisturizers, jewelry, cosmetic creams, hair products, deodorant, sunscreen, remove all piercings and jewelry.
- *Contact lenses.* Do not wear contact lenses. Remember to bring your glasses to sign the necessary paperwork.

POST-OPERATIVE INSTRUCTIONS FOR DEEP NECK CONTOUR

24 HOURS POST SURGERY:

- *Post-Operative Day 1 Appointment.* You must have a responsible adult drive you to your first office visit post-surgery. At this visit your surgeon or a staff member will remove your dressing and provide you with an elastic (ACE) wrap. Your drains will come out on day 2.
- *ACE Head Wrap.* It is important to wear the ACE wrap as directed by a staff member and **do NOT wear it tightly**. Too much compression can cause skin breakdown in the neck or cheeks. The dressing is intended to be used as support, not as a compression wrap. Keep the elastic ACE wrap in place after cleaning sutures for the first 5 days after surgery. Days 5 – 12 after surgery the ACE wrap should be worn during naps and at night while sleeping.
- *Head Elevation.* Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Placing a pillow under your knees may help you from turning in your sleep. Head elevation helps to minimize swelling. Continue this for 2-3 weeks depending on swelling.
- *Physical Activity.* You may be up and moving around the house on the day of surgery and thereafter. However, avoid all strenuous activity. Getting up and moving around helps prevent blood clots from developing.
- *Facial Movement.* Keep facial/jaw movement to a minimum. Chewing, talking, and laughing should be minimized. Avoid turning your head and if you must turn, move the shoulders and head as one unit.

MEDICATIONS:

- *Pain Medication.* You will be prescribed pain medication for post-operative pain control. If your discomfort after surgery is not strong you are welcome to take Extra-strength Tylenol in place of the prescribed medication. Do not take Tylenol with the pain medication, as most often the medication you are prescribed will have Tylenol in it. **Do not exceed 3,000 mg of Tylenol in a 24-hour period.** Take medication with food to minimize the risk of nausea.
- *Constipation.* Sometimes decreased physical activity as well as pain medications may lead to constipation. Any over the counter stool softener such as Metamucil or Colace can be used. Start laxatives with the narcotic pain medications to prevent constipation from occurring.
- *Nausea.* Some pain medication may make you feel nausea. It is best to eat something small 20 minutes before taking pain medication. Keep hydrated with small sips of non-caffeinated beverages (ginger ale, Sprite, Gatorade).
- *Medication to Avoid.* Avoid medications containing aspirin or ibuprofen (Advil, Motrin, Naproxen, etc.) for two weeks before and after surgery. These medications may increase bleeding.
- *Substances to Avoid.* Avoid alcohol, nicotine, and caffeine, for these will dramatically slow the healing process.

NUTRITION:

- *Diet.* A light low-sodium diet is best after surgery. Soft foods will be best to decrease excessive chewing that would lead to more swelling and discomfort. You may start a regular diet after your surgery if you are not feeling nauseated or vomiting.

ACTIVITY:

- *Movement.* Make sure you are up and walking around immediately after your surgery. When lying down in bed or on the couch, make sure you are moving your legs and ankles. Movement helps prevent blood clots and promotes healthy blood circulation. Avoid bending at the waist, lifting, or straining your face. If you have small children, bend at the knees, or sit on the floor and let them climb onto your lap. Overexertion may lead to bleeding and prolonged swelling.
- *Driving.* Do NOT operate a vehicle or make important decisions until you have been off pain medications for 24 hours. Use good judgment.
- *Return to work.* Returning to work depends on the amount of physical activity and public contact your job involves and the amount of swelling and discoloration you develop; the average patient may return to work or go out socially 1-2 weeks after surgery. There is some individual variation regarding the time one returns to work.
- *Physical Activity.* Avoid bending, lifting, straining and aerobic activities for 3 weeks or until you've been cleared by your surgeon. Avoid hitting or bumping your face and neck.
- *Exercise.* Exercise may not be resumed for 3 weeks post-op or as further instructed by your surgeon. When cleared, you must start easy and build back up to your previous exercise levels. Strenuous activity should be avoided for 6 weeks. Resuming exercise may worsen swelling.
- *Travel.* Airline travel is restricted until 1 week postop. You will notice increased swelling with airline travel, and this can happen 6-8 weeks out from surgery.
- *Smoking.* Smoking should be strictly avoided as it interferes with the blood supply to the tissues and slows and hinders the healing process.

BATHING:

- *Bathing/Showering.* You are welcome to bath if you do not get your incisions wet. After 2 days, you may shower but do not scrub directly on your incision line.
- *Face Care.* You may cleanse your face gently with a mild soap twice daily using a gentle upward motion. Do not use any harsh chemicals or crèmes on your face until all incisions have healed and your surgeons has advised you can return to your normal skincare regimen.
- *Hot Tubs/Swimming Pools.* No hot tubs, Jacuzzi, or pools until your incisions have healed, and approved by your surgeon, which is usually around 6 weeks.

HOW TO TAKE CARE OF YOUR INCISIONS:

- *Cleaning your incisions.* Soak a Q-tip with a diluted solution of 50% hydrogen peroxide and water. Gently apply the Q-tip over your suture lines 2 times daily. Then use a clean Q-top or gauze to gently pat dry the incision line. Finally, apply a generous amount of antibacterial ointment with a Q-tip to keep your incision sites moist. Keeping your sutures lubricated with ointment is less painful to remove and allows the incision lines to heal with minimal scarring.
- *Suture Removal.* The sutures will be removed 7 days after surgery. Steri-strips with a mild skin adhesive will be applied after suture removal. Steri-strips should remain dry and in place for 2 – 3 days.
- *Crusting.* Occasionally crusting will occur around the sutures. Do not try to remove this yourself. This is normal and will resolve. Cleaning your incisions daily will minimize crusting.
- *Cold compress.* Following surgery, cold compresses may be used over the neck to minimize swelling and control bruising. Ice packs MUST be lightweight. Only ice 5 minutes on, 5

minutes off for a maximum of 30 minutes in morning and night. Do not over ice as this can lead to skin breakdown.

- *Sun Exposure.* Avoid sun exposure as much as possible. This will optimize scar healing and minimize swelling. During the first year after surgery, it is crucial to use an SPF of 30+ with Zinc Oxide, cover your incisions with your hair or a sun hat when outdoors. Even mild sunburn can cause permanent discoloration, worsen swelling, and irritate an incision that is healing.
- *Makeup.* Do not use make-up for the first four days. When you begin to apply makeup, avoid application directly on healing incisions for at least 2 weeks.

WHAT TO EXPECT:

- *Swelling and Discoloration.* Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It's not unusual for one side of the face to be more swollen than the other. This is temporary and will improve over the course of the next six weeks.
- *Bleeding.* Some mild bleeding is not unusual at the incision sites the first few days after surgery. If you try to do strenuous activity, sneezing, heavy lifting or bending forward, aggravated bleeding and swelling may occur.
- *Tightness.* Your neck and jaw will feel tight immediately after surgery and may continue for 10 days. You may move your head and neck freely. Do not intentionally try to stretch your neck and jaw for the first 3 weeks after surgery. It will slowly loosen overtime.
- *Numbness.* It is common to have numbness of the under the chin and neck area that may last 3-6 months. Tingling and other odd sensations around incision lines are all to be expected and normal.
- *Lumpiness.* You may feel some lumpiness on your neck. This is normal. It is expected to resolve within 3 – 6 weeks.
- *Pain and Itching.* Occasional sharp shooting pains or itching is normal and will resolve in a few weeks. Pain is subjective, but most patients describe a mild to moderate pain level after a facelift. Pain is worse at night and can be aggravated with stress.
- *Depression.* You may experience a period of mild depression after cosmetic surgery. This is related to the shock of seeing your face swollen and discolored. Remember this is temporary and once the healing process is completed you will begin to enjoy the results of your surgery. Try not to compare your recovery with others – everyone heals in their own way.
- *Scars.* After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Everyone varies with respect to healing, but it takes approximately a year for these changes to occur and the scars to look their best. After your incisions are healed, you may apply a Silicone based scar gel to your scar for enhanced healing.
- *Final Result.* Expect to see your final results between 6-12 months as the healing process takes time.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL:

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, and warmth at incision site. Temperature over 101 degrees Fahrenheit.
- *Medication Reactions.* If you develop hives, rashes or itching you may be having a medication allergic reaction.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT TYPE	DATE / TIME	LOCATION	PROVIDER/STAFF
Surgery: <i>Time TBD day before</i>			
Post-op Day 1: <i>Dressing change</i>			
Post-op Day 2/3: <i>Drain Removal</i>			
Post-op Day 4/5: <i>Suture Removal</i>			
Post-op Day 7: <i>Suture removal</i>			
Follow Up: <i>2 weeks after surgery</i>			
Follow Up: <i>1-month after surgery</i>			
Follow Up: <i>2-month after surgery</i>			
Follow Up: <i>3/4-month after surgery</i>			