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### Facelift and/or Necklift: Pre-operative Instructions

Do not take aspirin, ibuprofen, herbal medications, fish oil or vitamin E for 14 days prior to surgery.

Have your prescriptions filled before the day of surgery and take your pre-op medication as directed. Review the medication information and instructions for use from your pharmacy prior to taking medications.

I encourage you to use the Inflammatory Arnica products both orally and topically for minimizing bruising and swelling.

Prepare some small bags with frozen peas or crushed ice for use post-operatively, I will write on the facilities discharge instructions if you are to use ice packs.

Wear comfortable clothing that does not pull over your head and slip on shoes on the day of surgery.

Arrange for a ride to and from the procedure and have someone stay with you for at least the first day.

### Post-operative (after surgery) Instructions

Rest with your head supported in an elevated position, such as in a recliner. Sleep with your head and shoulders elevated on several pillows as well.

Have a non-strenuous activity level, no bending, straining or lifting. Walking is fine for a few minutes at a time. Don't bend over to tie shoes, etc.

After your dressings are removed clean your wounds at the suture line using a Q-tip with hydrogen peroxide diluted in half with water twice a day. Apply the Bacitracin ointment to the suture line after cleaning. It is safe to shower after your drain is out and do not let the shower spray your face directly. Gently re-wrap to support your neck and cheeks at night until the swelling is gone.

Suture removal is usually done in stages and complete within 7-10 days. You can expect swelling and discomfort in the first couple of days after surgery. Resolution of swelling and bruising is usually complete by three weeks from surgery. If you are experiencing increasing pain or pressure please call immediately.

Empty the drains and record the amount of fluid two or three times a day. Bring the record of output to your follow up office appointment.

Take medications as directed, try to keep some food in your stomach before taking pain medications as they can cause nausea. Pain medications can cause constipation, take plenty of liquids and an over the counter stool softener such as: **Colace** or **Senna Kot** can help prevent problems. **Milk of Magnesia** as directed on the bottle is safe if you are having a problem. Take **Tylenol 1000 mg every 6 hours** for pain and taper in a few days when you are ready.