

# The Paragon Plastic Surgery & Med Spa

**\*\*MUST GET YOUR LABS DRAWN WITHIN 24 HOURS OF PRE-OP APPOINTMENT\*\***

## Facelift/Necklift

### PROCEDURE AND POST CARE INSTRUCTIONS

#### I. ITEMS NEEDED:

- Prescription medicines
- antibiotic ointment
- Q-tips
- Sunscreen with a UVA/UVB SPF of 15 (we have excellent sunscreen available)
- Vitamin C 2000mg twice daily for 14 days.
- Zinc 50mg once daily for 14 days.
- Constipation Prevention (while taking narcotic pain medication): Colace 100 mg twice daily and Milk of Magnesia until normal bowel movements..
- Arnica Montana. Starting 5 days before your procedure and then continuing 10 days after your procedure, take 4 tablets of Arnica Montana, under your tongue 4 times a day. (DO NOT EXCEED 16 TABLETS A DAY). This will help with swelling and bruising.

OFFICE PHONE NUMBER: 817-473-2120 (9am — 5pm M-F)

EMERGENCIES OR AFTER HOURS: 817-473-2120 (24-hour answering service)

#### TWO WEEKS PRIOR TO SURGERY:

#### **MUST have routine eye exam done within 30 days before surgery**

- Do not take any aspirin, aspirin containing medicines or anti-inflammatory medications for two weeks prior to surgery (including Motrin, Naprosyn and Celebrex). These drugs cause bleeding that may result in blindness. Only Tylenol is okay.
- Do not use Vitamin E or C supplements or any other herbal remedies for two weeks prior to surgery.
- If you smoke, it would be very beneficial if you refrain from smoking at least 2 weeks prior to your surgery. This is to help your lungs and circulation be in their best condition for surgery and to aid in healing.
- If you develop any illness prior to your surgery, contact our office as soon as possible.

# The Paragon Plastic Surgery & Med Spa

## **MORNING OF SURGERY:**

- PLEASE remember to bring your prescriptions with you to Surgery.
- Do not eat or drink anything after midnight on the evening before surgery. Do not wear eye make-up on the morning of surgery.
- On the day of surgery, please do not wear wigs, hairpins, jewelry, false eyelashes, or contact lenses. Wear or bring loose-fitting clothing. It would be a good idea to bring a pillow to make your ride home more comfortable.
- If you have long hair, please pull it away from your face with a band.

## **THE PROCEDURE:**

A. Anesthesia: Facelift is usually carried out under general anesthesia monitored anesthesia that is performed by an anesthesia professional.

B. A traditional facelift incision often begins in the hairline at the temples, continues around the ear and ends in the lower scalp. Fat may be sculpted or redistributed from the face, jowls and neck, and underlying tissue is repositioned, commonly the deeper layers of the face and the muscles are also lifted. Skin is redraped over the uplifted contours and excess skin is trimmed away.

C. A limited incision is a shorter incisions at the temples, continuing around the ear and possibly within the lower eyelids or under the upper lip.

D. A neck lift is a sagging jowls, loose neck skin and fat accumulation under the chin may be corrected with a neck lift. The neck lift incision often begins in front of the ear lobe and wraps around behind the ear ending in the lower scalp.

Once healed, the incision lines from a facelift are well concealed within the hairline and in the natural contours of the face and ear.

The visible improvements of a facelift appear as swelling and bruising subside. Your final result should not only restore a more youthful and rested appearance, but also help you feel more confident about yourself.

# The Paragon Plastic Surgery & Med Spa

## **CARE FOLLOWING THE PROCEDURE:**

A. Bleeding: Call our office if any bleeding persists after holding gentle pressure over the area for 15 to 20 minutes.

B. Discomfort: Most patients experience little or no discomfort following a facelift and any discomfort is usually relieved by taking medication prescribed .

C. Driving: Do NOT drive while on pain medications.

D. Make-up/Sunscreen: You may apply make-up in addition to sunscreen on your face the day after the stitches are removed.

E. Physical Activities: Walking and light activities can be resumed 3 to 7 days after surgery. Avoid anything that puts pressure on your face such as lifting, bending, and straining for 7 to 14 days. Try to suppress any forceful coughing or sneezing for 2 weeks. Avoid aerobic or heavy exercise for at least 3 weeks following surgery.

F Shower/Bath/Hair: You may take a shower or bath the day after surgery. Gently clean your face with water and your fingertips. You may wash your hair gently 24 hours after your surgery. Use the lowest setting if a hair dryer is used.

G. Smoking: Do NOT smoke. Avoid second-hand smoke.

H. Sun: Avoid the sun which may darken maturing scars. Protect the incisions by using sunscreen with an SPF of at least 15, sunglasses and/or a wide-brimmed or baseball hat.

L. Swelling/Bruising: Some swelling and bruising will develop and is minimized by resting in an elevated position. Rest and sleep in a reclining position with your head elevated 45 degrees for at least 2 weeks after surgery. Sleep on your back and not on your side. Swelling usually peaks within 72 hours. As a general rule, 80% of the swelling will be gone in 2 weeks and the remainder will usually resolve in 2 to 3 months. Avoidance of salt in your diet will also help to prevent excess swelling.

Since healing occurs at different intervals, expect your best result to be achieved at 6 to 19 months following your surgery. The best outcome will be achieved by following instructions and taking good care of yourself.