

Face & Neck Lift – Post-Operative Instructions

Rest + Relaxation

- For the 1st couple of weeks, it's important not to overly strain your face and neck area to allow things to heal nicely without tension.
- Apply ice to your face regularly for 5 days after surgery (no ice directly against your skin)
- It is important that you **minimize neck flexion** in the first 2 weeks. Also, do not overly twist your head side to side for 10 days. For this reason, you should avoid driving for some time. After 2 weeks you can start flexing your neck down more.
- When sleeping, try to lie on your back with a thin pillow for the first 2 weeks. This will help prevent you from flexing your neck downwards. Place a towel over your pillow the first night in case there is a bit of oozing from your incisions (a small amount is normal)
- It is important to keep your blood pressure on the low side for 3 weeks after surgery (no heavy exercise and take your normal hypertension medications as prescribed). However, you can and should walk multiple times each day as this will help prevent a blood clot from forming in your legs.

Washing

- You can wash your hair once your drains are removed, but only in the shower (no bathing) and you need to be very gentle. It is ok to use mild shampoo. You can use a hairdryer on a low setting afterwards but be careful that you do not get a burn as you will have some numbness around your incisions. Do not rub your hair (incisions) dry with a towel.
- Prior to drain removal, it is ok to shower below the neck on post-operative day 1 but only use your hands or a face cloth on your face and be **very gentle**. Also, remember not to flex your neck while showering!
- No baths, pools, hot tubs, or lake water for 6 weeks.

Medication

- Anti-Pain medication can be taken after surgery.
- It is ideal to wean off narcotic medications as soon as reasonably possible. You should not drive if you are taking narcotics. Unless there are contraindications, I generally recommend 2 extra-strength Tylenol and 400-600mg of Advil every 6 hours. You need some food in your stomach with Advil, but this regimen has a low side-effect profile and works well (take them together as they do not interact).
- Resume prescribed medications unless otherwise stated. Do not use fish-oil and herbal supplements etc. for at least 2 weeks after surgery.
- Take antibiotics as prescribed at the appropriate times until completed.

Incision Care

- Do not apply anything (no Polysporin) to your incisions for the 1st 2 weeks.
- Bleeding or oozing around your incisions may occur following surgery. If it occurs hold constant firm pressure (push towards your ear) for 10-15 minutes with a clean towel. If you develop a hematoma (excess bruising and/or a large lump under your skin), please contact Dr. McInnes right away.

Three Weeks After Surgery

- Begin to massage your incisions with non-irritating scar cream (available at our office). Do not use 100% vitamin E. I also recommend using a facial moisturizer with SPF 30 or higher for at least one year to prevent scar darkening and trying to avoid the sun. Remember, it will take a full year for your scars to mature.

Drain Care

- You will likely have drains which will be removed in 1-3 days. The drains minimize the amount of fluid that needs to be absorbed at your surgical site and help keep things nicely "stuck down".
- When drains are removed a small amount of yellow/pink/blood tinged fluid may ooze out of drain site for 1-2 days (that is normal). Place a small amount of Polysporin onto drain site for 2 days

Follow Up Care

- Dr. McInnes will let you know which locations to visit for your follow up appointments. You will likely see him 3 times in the first 10 days after surgery. Please arrange with our office to confirm the time. You may be required to visit Dr. McInnes at a hospital to have sutures removed or for a checkup. He may call you the evening of surgery to see how you're doing, please try to answer your phone (even if it's from "unknown caller").

Weekday Care (8 am to 5 pm)

- For general inquiries/questions email office@doctorm.ca or call the office (for more concerning issues call the office).

Weekend, After Hours, and Emergency Care

- If on weekends, after hours, or an emergency, please call 604-527-4925 and ask to speak with Dr. McInnes. If he happens to be unavailable ask for the plastic surgeon on call.

Contact

- Office phone: 604-515-8847
- 307 – 233 Nelson's Crescent, New Westminster, BC.