



PRE-OPERATIVE INSTRUCTIONS FOR DEEP NECK CONTOURING SURGERY

Please watch the following videos, which correspond with the instructions below:

- Pre-op instructions for facial surgeries
<https://www.youtube.com/watch?v=Xd0aCTXptyk&feature=youtu.be>
- Post-op instructions for facial surgeries
<https://www.youtube.com/watch?v=eTuQ0VafhXQ&feature=youtu.be>
- Instructions for facelift/endoscopic forehead lift/midface/deep neck contouring
<https://www.youtube.com/watch?v=zijpmBeVuTI&feature=youtu.be>
- Application of Ace Bandage: <https://www.youtube.com/watch?v=f3ZfP-QM9sU&feature=youtu.be>

THREE WEEKS BEFORE SURGERY:

- If it is required by your surgeon, laboratory tests, EKG and eye exams should be done at this time. If this testing is done at your physician's office or other location, please fax written results to our office at (585) 271-4786. These results must be received 1 week prior to surgery.
- If there is any chance that you are pregnant, surgery will need to be rescheduled.
- All fees-surgical, anesthesia and facility are due to our Patient Consultants.

TWO WEEKS BEFORE SURGERY:

- Discontinue aspirin, ibuprofen (e.g. Advil, Motrin) or any supplements that increase risk for bleeding. Check the label of any OTC medications for aspirin or ibuprofen. Check with your PCP and/or cardiologist before stopping aspirin or ibuprofen.
- Tylenol is ok to take.
- Stop all nicotine products, including any tobacco products, vaping, or nicotine patches since nicotine decreases circulation and may result in a poor outcome.
- Start Vitamin C 1000 mg three times per day to improve wound healing.
- If your destination after surgery is more than 30 minutes from the Surgery Center, you must make arrangements to stay locally the night of surgery. Your Patient Consultant can assist with this.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- To avoid cancellation, all written lab results and testing conducted at your physician's office, or another location, is received by our office.

DAY BEFORE SURGERY:

- The Surgery Center will call you in the afternoon to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (including water and gum chewing). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** The only exception is medication, which we will instruct you to take the day of surgery if needed, with a sip of water.

DAY OF SURGERY:

- Arrive at Lindsay House Surgery Center, 973 East Avenue, Suite 101.
- You may shower and shampoo the morning of surgery.
- Do not wear makeup or use hair sprays/gels.
- **NO ACRYLIC NAILS OR NAIL POLISH (INCLUDING GEL/POWDER). NO EYELASH EXTENSIONS OR MASCARA (flammable).**
- Please do not wear contact lenses. Glasses are okay.
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- If you wear dentures, please leave them in place.
- Do not wear jewelry, including body jewelry, or bring valuables to surgery.
- If you have your menses, please wear a feminine napkin, not a tampon.



GENERAL POST-OPERATIVE INSTRUCTIONS FOR FACIAL SURGERY

- **A responsible adult must provide transportation for you after surgery (public transportation is not permissible) and remain with you until the morning following the procedure. You may need assistance for 1-2 days following your procedure.**
- You will need to arrange transportation for your follow up appointment at our office on the day following surgery. Do not drive for 24 hours after surgery or anytime that you are taking pain medications.
- Avoid making major decisions or participating in activities requiring judgment for 24 hours after surgery.
- All of your post-operative appointments will take place in our practice office.
- Do not compare your progress with that of other patients. Remember that everyone's healing process is unique. Your family and friends may mean well, but you can receive inaccurate information.

ACTIVITY:

- Limit your activity sharply over the first week following surgery.
- You are encouraged to walk around the house on the day of surgery and thereafter. Move/pump your legs frequently while lying down.
- Keep your head elevated on 2-3 pillows while you rest or sleep for 7-10 days.
- Smoking and use of other nicotine products should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing.
- Take deep breaths often when you get home for the first 24 hours after surgery.
- Keep your emotions under control. It is not unusual to feel a bit depressed after surgery. This quickly passes as you begin to look and feel better. Anger, crying or other emotional outbursts will only add to the swelling or increase the likelihood of bleeding.
- Avoid lifting over 20lbs, straining and aerobic activities for 3 weeks. Then gradually increase your exercise level back to normal over 2-3 weeks.
- It is okay to turn your head side to side with normal head movement.
- Avoid excess sunlight to the incisions and face for at least a year. Even mild sunburn may cause prolonged swelling or irritation. Use sunscreen with zinc oxide and SPF 20 or greater to help decrease the visibility of the incision lines and protect facial skin.

ORAL INTAKE:

- Take all medications as instructed postoperatively.
- Do not drink alcohol during the first week of recovery.
- Drink plenty of fluids following surgery, as dehydration can contribute to nausea.
- To help reduce nausea, eat a small amount of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics).

- If you vomit or feel nauseated, you should delay food and pain medications until the nausea passes.
- Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, take your anti-nausea medications to avoid vomiting.
- You may want to avoid foods that require extensive chewing, such as steak. Soft foods may be easier to eat.

BATHING:

- Following surgery, you may bathe, but do not submerge your head in the water.
- It is encouraged and okay (starting on your first post-operative day) to wash your face with your facial cleanser, toner if you use one and then apply your moisturizer. Avoid your incision line areas.
- If you have had a resurfacing procedure, follow directions listed under Skin Care in your packet.
- Please gently wash your hair the morning of your post op appointments to prepare for suture removal.

SPECIFIC POST-OPERATIVE INSTRUCTIONS FOR DEEP NECK CONTOURING SURGERY

WHAT TO EXPECT WITH SWELLING, BRUISING, PAIN, INFECTION

- It is unusual to have significant pain after face lift/neck lift procedure. It is more common to have numbness of the cheeks, ears and under chin area that may last 3 to 6 months.
- Some people will also experience tingling in the area or odd sensations as the area is healing; this is all normal.
- Some swelling and bruising is to be expected. Swelling and bruising is at its highest at 48 hours post-surgery and gradually subsides over the following 10-14 days.
- Ice packs should be applied to your cheeks/neck within the first 48 hours after surgery to help decrease swelling. Apply ice for 15-20 minutes out of each hour while awake. Be sure they are lightweight. Never apply ice directly to the skin.
- We will give you Arnica, an herbal supplement that may help to minimize both bruising and swelling. This will be started 2 days before surgery and several days after.
- Infection is a rare event. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.
- You can expect your final results 6-12 months after surgery.

INCISIONAL CARE

- Immediately after surgery and for the first night, you will have a head dressing on. Please keep this clean and dry. We will remove your dressing on the first day after surgery.
- An ace bandage will be applied after the head dressing is removed. Please wear your ace wrap at all times for the first 5 days, then at night only for an additional 7 days. **THE ACE BANDAGE SHOULD NOT FIT TIGHTLY.**
- It is okay to take off the ace bandage when you wash your face or during suture care.
- Incisions will be in the back of your ears and under your chin.
- Twice a day: You will clean your incisions with a Q-tip dipped into peroxide then gently applied over the stitches. You will then apply a small amount of Polysporin ointment to the stitches.

- Please view Application of Ace Bandage video:
 - Application of Ace Bandage: <https://youtu.be/f3ZfP-QM9sU>

DEEP NECK CONTOURING, MAY INCLUDE CHIN AUGMENTATION

- Keep chin tapes clean and dry. They will be removed on day 5 following surgery.
- You will have sutures underneath the tape which will also be removed on that day.
- It is normal for the chin to feel numb for several weeks even up to 2 months after chin augmentation.

DEEP NECK CONTOURING, MAY INCLUDE PRECISIONTX SYSTEM (LIPOSUCTION)

- Expect to have some drainage for the first 12 hours after surgery, but this should stop after 24 hours. If drainage persists after that, please call the office.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING EMERGENT ISSUES:

- Fever of 101 degrees or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul-smelling drainage from an incision site.
- Significant asymmetrical swelling of either cheek or neck.
- Bleeding that does not respond to uninterrupted direct pressure for at least 20 minutes.
- Problems with your drains that are not solved using troubleshooting instructions.
- Persistent nausea or vomiting.

Emergent surgical issues can be addressed on evenings or weekends via our on-call EMERGENCY line (585-258-4851).

***General medical questions** can be addressed during regular business hours M-F 8:30am-5pm (585-244-1000).

The Patient Consultant will make your post-operative appointments and collect any fees.

If I have any questions with regards to the content of the videos and/or my expectations with respect to my participation in my pre-operative preparation, I will review all questions and any concerns with the Advanced Practice Provider during my in-person, pre-operative appointment.

Patient Signature: _____

Date: _____

Patient Name (print): _____

Witness: _____

Date: _____