

THE FIRST GLANCE

Face and Neck Lift Post-Operative Home Care Instructions

Supplies to have at home:

- Your prescription medications (you may get your Prescription prior to your surgery or on the day of your surgery)
- Gravol (oral medication *and* suppositories)
- Stool softener (*ie: Restorolax/Lax-a-Day/Senokot*). *Used to prevent constipation- **Start Day after surgery*
- Reactine (anti-histamine to help with itchiness associated with medications or wound healing)
- Polysporin Original ointment
- Hydrogen Peroxide

Prior to your surgery:

Arnica Montana is a herbal supplement that you may be given prior to your surgery to help reduce bruising. If this was provided to you, take 5 tablets three times per day (morning, noon, and night). Ideally, start this 4 days prior to your procedure and you may continue taking after your surgery until signs of bruising diminish.

Immediately after surgery:

Try to rest in a sitting position or with your head elevated to help reduce swelling and bruising. Place a single couch cushion under head of bed, sleep with 1-2 pillows, or you may also sleep in a recliner. The longer you are able to rest/sleep with your head elevated, the better, as this will continue to help your swelling decrease.

Avoid lying flat and avoid bending your neck forwards – keep a small rolled-up towel under your neck at first whenever you try to read. This helps you to avoid having your chin touch your chest as this can place excessive pressure on tight areas behind your ears that are healing.

If you have had eyelid or brow lift surgery: Use cold gel packs or a Ziploc bag containing frozen peas applied to your eyes for 10 minutes every hour that you're awake to help reduce swelling and bruising. If you had fat injections, DO NOT APPLY ICE TO THESE AREAS.

Use pain medication and any prescribed medication as directed by your surgeon/nurse to reduce pain and discomfort. Discomfort is expected, the goal is to make the discomfort tolerable. Use stool softeners to reduce the risk of constipation associated with analgesic use.

Daily Activities:

Avoid straining, heavy lifting or any activity that will raise your blood pressure for the first 14 days after your surgery. Wear comfortable, easy to slip on footwear to avoid bending down. Avoid vigorous exercise for 3 weeks after your surgery unless otherwise advised by your surgeon. If you resume any of these activities sooner than recommended you increase your risk for complications, especially bleeding.

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Wound care:

A bulky dressing will be applied following surgery. You will see Dr. Brichacek back in 24 to 48 hours to have this dressing removed. If drains have been placed, they will be removed at this time.

Begin to wear your compression garment once the bulky dressing has been removed. Dr. Brichacek will assist you with putting this on the first time. Wear the garment full time, apart from when showering, for the first 2 weeks. After this, wear the garment for 12 hours per day for 2 more weeks. The garment can be worn full time for the second 2 week period if desired, but it does not need to be.

You may shower and shampoo your hair after the bulky dressing has been removed. If drains were present, you should wait 12 hours after your drains are removed before showering. Avoid super hot water temperatures. After showering, gently dry your incisions with a clean towel and apply a thin layer of Polysporin ointment once or twice a day to all incisions.

Make sure to allow water in the shower to thoroughly wash away the Polysporin, as otherwise it can form a crust which can be itchy and irritating.

Crusted areas can be gently cleansed with Hydrogen Peroxide and a cotton swab once daily. Do not pick scabs.

Most sutures used are dissolving, some other sutures may need to be removed 5-7 days after your surgery. Your cheeks and neck are likely to be numb at this time and may take several months to recover feeling.

“Puckering,” and “Dimples” are commonly seen in the cheeks and side of the neck for several weeks and may take some time to resolve.

Swelling is expected and it can take up to 4 months for you to look like “yourself” again.

***If you experience increased pain and swelling in your face or neck, or in one cheek more the other, call your doctor immediately.**

*Do not sleep with pets in the bed to avoid infection

*No baths, hot tubs, swimming pools, or swimming in lake water for 4 weeks or until your incisions are fully healed in order to avoid infection.

*Avoid exposure to second-hand smoke for at least the first few weeks after surgery.

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Please contact the clinic immediately and request to speak to a nurse or physician if you experience any of the following after surgery.

- Increased pain, increased redness, creamy or pus-like discharge, foul odour, or
- Increased warmth around surgical site, rash, fever exceeding 38.8° C (101.8°F)
- Chest pain (for continuous chest pain lasting more than 5 minutes – call 911)
- Unexplained sudden onset of shortness of breath
- Rapid pulse or heart palpitations
- Severe pain in leg that does not resolve and/or swelling of leg
- Changes in skin colour of an extremity, such as turning pale, red or blue
- Dizziness that does not resolve, or fainting
- Coughing up blood / Bloody diarrhea

Follow Up Appointments

You will have full access to Dr. Brichacek and his medical team during your recovery. Dr. Brichacek will see you at The First Glance Aesthetic Clinic for all follow up appointments.

After Hour Care

Take time to rest and recover from your surgery, have a healthy diet and get some sleep. It is important that you follow these recommendations carefully so we can attain your surgical goals.

If there is a concern about your surgery or your healing, please call The First Glance Clinic at 204-885-1419.

Evenings and Weekends or in case of emergency please call Dr. Brichacek at 204-898-9933