



GOLD COAST

**Plastic Surgery**

*"Beauty is inner confidence that everyone can see"*

**Dr. Mark Doyle**

Plastic & Reconstructive Surgeon

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## **FACE/NECK LIFT CARE INSTRUCTIONS**

**These instructions are provided to assist in the healing process and ensure best results from the procedure. If you choose not to follow these instructions it may increase your risk of possible complications and compromise results of the procedure.**

<b>WHAT TO EXPECT AFTER SURGERY</b>	
<b>HOSPITAL STAY</b>	A Face / Neck Lift operation is normally a day surgery procedure (unless otherwise discussed with Dr Doyle prior to your surgery) therefore you will leave hospital the same day.
<b>HOSPITAL RECOVERY &amp; DISCHARGE</b>	After your surgery you will wake in recovery. When you awake you will have a bandage wrapped around your head this needs to stay dry and intact until the following day when you will remove and commence wearing your facial garment. Your time spent in recovery will depend on the length of procedure and how you have responded to the surgery and the anaesthesia. The nurses will monitor you during this time and your discharge will be at the discretion of the hospital staff. Once they feel you are fit to be released, they will call your nominated person to collect you (as you will be unfit to drive).
<b>PAIN RELIEF</b>	You will be given a script for pain medication and for anti nausea to take home with you. Your Anaesthetist will provide you a full list of instructions. Any medications you have been prescribed can be collected from the JFH pharmacy.
<b>PAIN LEVEL</b>	Expect your face to have swelling and bruising as well some pain and numbness in areas. Maximum discomfort will occur in the first few days.
<b>SUTURES</b>	You will have a number of sutures. These may be located in front of the ear (pre-auricular) will be removed approx. 5 days post op, behind the ear (post-auricular) and possibly extending into the hairline near the temples will be removed approx. 10 days post op. There may also be sutures under your chin if liposuction and /or an extended neck lift were performed.
<b>COMPRESSION GARMENT</b>	Continue wearing your facial garment until your first post op appointment.
<b>POST OP APPOINTMENT</b>	All future nursing appointments will be booked in advance and prior to your procedure. This will be given to you when you leave hospital ( <b>see Post Op appointment information in full on page 2</b> ).

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### WHAT TO EXPECT AFTER SURGERY continued

HOME CARE	Remove bandages the following day and apply cold compresses intermittently; such as ice-cold gauze or a bag of frozen peas in a cloth, as much as possible in the first 48 hours post surgery.
	You may be given a topical antibiotic ointment, Chlorsig, which is to be applied over your suture line. Continue wearing your face garment until your first post op appointment.
	Keep all sutured areas clean by showering and washing hair as normal, this can be done the day after the surgery. Ensure these areas are well dried and apply the supplied topical ointment daily.

### WEEKS FOLLOWING SURGERY

GCPS POST OP APPOINTMENTS	The standard review appointments following a Face/Neck Lift operation are as follows:
	1. Approximately 5 to 7 days post surgery you will be reviewed by our nurse. During this visit your pre-auricular sutures, and chin sutures (if applicable) will be removed.
	2. Approximately 10 days post surgery you will be reviewed by our nurse again. During this visit your post-auricular sutures will be removed
	3. Approximately 6-week post-surgery at your review with Dr Doyle and our nurse you will be given a sample of <b>Strataderm</b> for further scar care. All appointments following this vary slightly between patients. However, review appointments are quite common, 3 months and 6 months post surgery. During one of these visits, you will have photographs taken for your medical records.
HOME CARE	For comfort and reduced swelling sleep with your head slightly raised on 1 to 2 pillows for as long as swelling persists.
	Approximately 2 to 3 weeks post surgery you may wear make-up.
SCAR CARE	<p>Once you cease using Chlorsig, you may commence using a topical scar treatment for further scar healing, Dr Doyle recommends Strataderm.</p> <ul style="list-style-type: none"><li>• <b>STRATADERM</b> - Commence using approximately 6-weeks post-surgery, you will be given a sample to use until completed.<ul style="list-style-type: none"><li>○ Follow manufacturer's directions of use. It is recommended as a minimum treatment to continue daily applications for 60 – 90 days until satisfied and no further improvement is seen.</li><li>○ Once your sample has been used this product may be repurchased from our friendly reception team.</li></ul></li></ul>



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## RETURNING TO DAILY ACTIVITIES

<b>HAIR COLOURING</b>	We advise that hair colouring should be avoided for 6 weeks post surgery.
<b>EXERCISE / ACTIVITY</b>	Start gentle walking as soon as possible to help reduce swelling and lower the risk of blood clots.
	Allow yourself at least 1 to 2 weeks to recuperate before returning to non-strenuous work. No bending over, lifting or straining during this time. Most patients may resume light exercise 3 to 4 weeks after surgery.
	Strenuous exercise is restricted for 6 weeks as it may cause increased swelling, bleeding, or disruption of the healing process. These include activities such as gym workouts and running.
<b>SWIMMING &amp; SUN EXPOSURE</b>	Your scars will be reddened for about 6-12 months, then should start to fade and soften. Avoid exposing scars to the sun. If the sun is unavoidable, always apply sunscreen.
	No ocean water or pool water for 3 to 4 weeks post surgery or until your wounds are fully healed
<b>DRIVING</b>	You are not allowed to drive for the first 24 to 48 hours post anaesthetic. We advise you refrain from driving until you are able to operate your car in a safe manner and when you are no longer taking any narcotic medications.

## CONTACT INFORMATION

If you have any concerns regarding your care please see our website for care information. Alternatively do not hesitate to contact our rooms on (07) 5598 0988. If the rooms are unattended and you are unwell and need medical attention please seek treatment at your GP, an Emergency Department of your choice or call 000.