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WHAT HAPPENS AFTER FACELIFT/NECKLIFT?

Patient Instructions and Care

Before Surgery

PRE-OP TESTING- Required pre-op lab testing should be done immediately, either at our office or your nearest outpatient lab with results faxed to our office at (586) 992-2830.

MEDICATIONS/DRUGS- Stop the use of medications containing Aspirin/Ibuprofen, as well as foods and supplements that can cause bleeding; you were given a separate list of those items.

NO SMOKING for at least 3 weeks prior and 3 weeks post surgery.

NO ALCOHOL for at least 2 weeks prior and 2 weeks post surgery.

UNEXPECTED HEALTH PROBLEMS- please contact us immediately if during the week prior to surgery you develop a cold, sore throat, fever, cold sore, or any skin problems.

·Please leave all jewelry including watches at home. If you wear contact lenses, please wear glasses to the office that day or be prepared to remove contacts.

·If you are taking daily medications, they may be taken in the morning with a small sip of water along with the prescribed antibiotics.

NO FOOD OR OTHER FLUIDS FOR 6 HOURS BEFORE YOUR PROCEDURE.

·Wash your face, neck, and hair thoroughly with an antibacterial shampoo or similar antiseptic on the morning of surgery. Wash & Rinse thoroughly.

DO NOT APPLY MAKEUP.

·Please wear a loose fitting dark, button down the front shirt the day of surgery. No over the head garments.

You will be seen again in the office the day after surgery.

·Do not cut your hair before surgery. Men should **NOT** shave their sideburns.

·We recommend an anti-bruising kit for post-op use to promote healing and prevent bruising. This can be purchased at our office.

Day of Surgery:

·Refrain from driving your car while taking your pain medication. You should not drive until for 24 hours after surgery.

·Sleep on your back using 2-3 pillows. Do not sleep on your side for two weeks.

·DO NOT remove or reposition your bandage.

Use cold compresses (not frozen) as directed for the first 24 hours. Take care to not overuse cold in areas that are numb.

·Report any nausea or vomiting immediately if it should occur.

·Take prescribed pain medications as directed.

First Week After Surgery

·Apply over-the-counter bacitracin ointment lightly on incision. (less is best)

·Do not lower head below heart or bend at waist, avoid chin-to-chest position.

·Take care if brushing hair- there are stitches behind the ear!

·No smoking/nicotine, alcohol, aspirin, ibuprofen, Vitamin E, Omega 3 fish oil, niacin, and garlic supplements for 2+ weeks post operatively. Follow the Foods to Avoid List post operatively for 1 week. You will be given a prescription for medication to prevent infection. It is very important to take this as directed to help avoid post-operative complications.

·Sleep at a 30-45 degree angle by elevating the head off the bed with at least 2 or 3 pillows for 2 weeks following surgery. This will help minimize any facial swelling, which might occur. Do not lie on either side of your face for 2 weeks after surgery, and avoid the chin-to-chest position.

·No exercise or strenuous activity for 2 weeks.

ALWAYS WASH HANDS PRIOR TO APPLYING ANY MEDICATIONS TO INCISION AREA.

DO NOT COLOR/PERM HAIR FOR 5 WEEKS POST-OP. WHEN COLORING/PERMING HAIR, APPLY VASELINE ALONG INCISION.

DO NOT WEAR A WIG FOR 2 WEEKS AFTER SURGERY.

DO NOT WEAR EARRINGS FOR 1 MONTH POST-OP.

IF YOU FEEL ANY SUTURES, DO NOT PULL ON THEM, BUT CALL THE OFFICE. YOU MAY FEEL THEM FOR 6 MONTHS.

BE CAREFUL WITH WARM OR COLD ON THE AREAS THAT ARE NUMB TO AVOID FROSTBITE or BURNS !

Please call the office at (586) 992-8300 if any excessive swelling or darkening of the skin occurs or an increase in temperature over 101 degrees.

After the First Week

- Discontinue bacitracin ointment and cold compresses.
- One (1) week post-op, use SPF 45-65 on face and incision.
- May use NEW make-up on incision if no scabbing is present.
- Sutures are removed if not dissolved.
- Do not lower head below heart or bend at waist, avoid chin-to-chest position.
- No smoking/nicotine, alcohol, aspirin, ibuprofen, Vitamin ·E, Omega 3 fish oil, niacin, and garlic supplements for 1 more week after surgery. You may begin your normal diet.
- Sleep at a 30-45 degree angle by elevating the head off the bed with at least 2 or 3 pillows for 2 weeks following surgery. This will help minimize any facial swelling, which might occur.

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