



BUFFALO PLASTIC SURGERY
DR. TAMARA B. DAWLI

PRE-OPERATIVE INSTRUCTIONS FOR FACELIFT/NECKLIFT

TWO WEEKS BEFORE SURGERY:

- Laboratory tests and EKG (if they are required) must be done. If you are having your preoperative testing at a lab other than the one we suggested, please have the written results arrive at our office one week before surgery (our fax number is 716.407.6483).
- If you are planning to have a haircut before surgery, please do so three weeks before surgery.
- All fees are due, including surgical, facility and anesthesia.
- Do not take products containing aspirin, ibuprofen (eg. Advil, Motrin), or Vitamin E. Check with your pharmacist about any over-the-counter medications. Many pain relievers; cold and sinus medications contain aspirin or ibuprofen. Tylenol is OK.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or "the patch." Nicotine interferes with healthy circulation and may affect the result of your surgery. It also places you at higher risk of complication when receiving anesthesia.
- Start taking 1000 mg of Vitamin C three times per day. Vitamin C helps with healing.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- If you perm or color your hair; it should be done 1 week before

DAY BEFORE SURGERY:

- The office will call you by 3pm to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** (this includes water and gum chewing).

SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED. A fasting state is required in order to receive sedation for surgery. You will be instructed if there is any medication you should take on the morning of your procedure, if so take this with only a small sip of water.

DAY OF SURGERY:

- You may shower and shampoo the morning of surgery. Do not wear makeup, hair sprays or gels. You may leave acrylic nails on.
- Avoid clothing that must be pulled over the head. Wear a loose button down shirt. Please wear loose fitting clothing.
- Do not wear jewelry of any sort or bring valuables to surgery.



BUFFALO PLASTIC SURGERY
DR. TAMARA B. DAWLI

POST-OPERATIVE INSTRUCTIONS NECKLIFT

These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care.

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. This helps to prevent blood clots from developing in the legs. Move/pump your legs frequently while lying down. This also helps in preventing blood clots from developing.
- When you rest or sleep, keep your head elevated 2-3 pillows and avoid turning of your side. If you overexert yourself, bleeding or prolonged swelling may result.
- Keep your emotions under control. It is not unusual to feel a bit depressed for a few days 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 bending, lifting, pulling, pushing, straining and aerobic activities for 3 weeks.
- You may begin to return to regular exercise 3 weeks after surgery. Ease into this, gradually increasing your exercise level back to normal by 5-6 weeks from surgery.
- Take deep breaths often when you get home for the first 24 hours after surgery. This helps to expand the base of your lungs.

ORAL INTAKE:

- Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding. Do not drink alcohol during the first week.
- Drink plenty of fluids following surgery, as dehydration can contribute to nausea.
- You may want to avoid foods that require much chewing, such as steak. Soft foods may be easier to eat.
- Small amounts of food 20 minutes before taking postoperative medications (especially pain medications and/or antibiotics) can prevent nausea.
- If you vomit or feel nauseated, you should delay food and pain medications until the nausea passes. Be sure to take your anti-nausea medications if you feel nausea.
- Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. If this symptom persists, call for anti-nausea medications, as subsequent vomiting may be harmful and lead to complications.

BATHING:

- You may shower 2 days after surgery. No soaking in a bath or hot tub.

PAIN, SWELLING, BRUISING, 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 within normal limits.
- If you are experiencing unilateral (one sided) pain or significant swelling, then contact our office.
- Some swelling and bruising is to be expected. Bruising is treated with Arnica, an herb that will be provided by our office. Swelling and bruising is maximal at 48 hours post-surgery and gradually subsides over the following 10-14 days.
- Infection is also unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.
- Your final results will occur between 6-12 months.



BUFFALO PLASTIC SURGERY
DR. TAMARA B. DAWLI

OTHER COMMON INSTRUCTIONS AFTER SURGERY:

A responsible adult must provide transportation for you after surgery and remain with you until the morning following the procedure. If you are having several procedures, you may need assistance for 1-2 days following your procedure.

- You will need to arrange transportation for your appointment at our office on the day following surgery. Do not drive for for the first week 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.
- Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing.
- Take all medications as instructed postoperatively.
- Avoid excess sunlight to the incisions for at least a year. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions. Use sunscreen with zinc oxide and SPF 220 or greater to help decrease the visibility of the scar.
- Do not compare your progress with that of other patients. Remember that everyone's healing process is unique. Also, if you have any questions or concerns, call on us. Your family and friends may mean well, but you can receive wrong information.

INCISIONAL CARE:

- Keep your initial dressings dry. We will remove your dressing on the first day after surgery.
- You will be instructed about caring for your drain at your preoperative visit. Please empty this if needed, and record the amount.
- Clean incisions around your ears and under your chin with peroxide, then apply polysporin ointment twice a day.
- Wear ace wrap at all times for the first 5 days, then at night only for an additional 7 days.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degrees F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding, and/or foul drainage from incision area.
- Persistent nausea and/or vomiting.
- Any other concerns.