

FACELIFT/NECKLIFT

Dr. Jaiswal | Important Information | Pre/Post Operative Instructions

Before Surgery

Please stop taking the following one week before surgery: aspirin, Ibuprofen, Alleve, fish oil, red wine, multi-vitamins and/or Vitamin E. If you take blood pressure or diabetes medications, continue these as normal. No smoking for 4 weeks prior to surgery.

Day of Surgery

Please arrive at the instructed time. Wear loose, comfortable clothing that you would not mind getting a little dirty. Do not take any pre-op medications until you are directed to do so by Dr. Jaiswal.

After Surgery

You will be sent home with a head wrap in place. Leave this on overnight. If there are drains in place, leave these in until we remove them in the office. You can start showering and washing your hair the day after surgery. Shampoo and conditioner are okay to use.



Congratulations!

Congratulations on your surgery! This information is provided in order to get us the smoothest possible post-op course to ensure the best overall results. It is highly recommended you read this thoroughly and follow all instructions. Please contact Dr. Jaiswal with any questions at 513-290-8404.

Post-Operative Timeline

- 0-7 days: Expect swelling and bruising. Wear the head wrap at all times except when showering. Alternatively, you may use a commercial head wrap from [amazon.com](https://www.amazon.com) if you feel this is more comfortable. I advise staying inside as much as possible during this time period.
- 1-2 weeks: Bruising should start to fade. Swelling will start coming down. Wear head wrap at night only. During the day time start to massage the side of the face and neck. Ice can be used as well. Ok to return to work at this point.
- 2-4 weeks: Swelling should continue to subside. Scars may be raised, pink, or red. Ok to start going to social functions.
- 1-3 months: Swelling should continue to improve. Appearance should start to normalize but firmness and numbness will persist.
- 3-12 months: Final results should be visible. Swelling will resolve during this time frame but every patient is different. Numbness and firmness will start to resolve. If revision is necessary then discussion will be held at this time. Scars will not mature for 1 year.

Medications

Please obtain the following medications prior to the procedure:

- Xanax 1 mg tablets (prescription- take immediately pre op only)
- Norco tablets for post-op pain
- Arnica montana 30 c pellets for post-op swelling and bruising

Post op care is extremely important for ensuring the smoothest possible course. Please follow the directions as below:

- Avoid: Aspirin, Ibuprofen, Benadryl until cleared by me
- Head wrap: We will place a head wrap for you at the time of surgery. Please keep this on at all times during the first week except when showering. In addition there will be pads placed to get the most amount of compression in certain areas- please keep these in place.
- Sleeping: Please sleep either flat on your back without a pillow or in an upright position with your head completely straight or leaned back. Do not flex your head or neck toward your chin as this can worsen swelling.
- Arnica: This is a medication that can help limit bruising. Start taking this 1 week before surgery and continue it 1-2 weeks after. I recommend 5 pellets four times per day.
- Fruits: Pineapple and papaya may decrease the amount of bruising afterward. Consider incorporating these into your diet before and after surgery.
- Massage: When the wrap has been removed, I recommend massaging the areas of swelling. This will help get it down quicker and get the skin to smooth out faster. Going to a masseuse who specializes in lymphatic massage is highly recommended.
- Scar therapy: commercially available scar creams can be used to help improve the overall appearance of scars. I recommend a silicone based scar gel or cream.
- Low salt diet: keeping a dietary sodium of less than 1000 mg/day for one month post op will help with keeping swelling to a minimum.

Important Supplements

Protein

Why should I take this supplement? Protein is necessary for healing. Having an open wound and/or undergoing surgery increases your protein requirements.

Side effects: Avoid if you have kidney disease or are on dialysis.

Glutamine and Arginine

Why should I take this supplement? Glutamine and Arginine are amino-acids which help with wound healing.

Side effects: Common side effects include gastrointestinal issues. Arginine should be avoided in patients with low blood pressure.

Omega-3 fatty acids

Why should I take this supplement? Omega 3 fatty acids can help with wound healing, inflammation and preventing infection

Side effects: Common side effects include gastrointestinal issues.

Vitamins and Minerals

Why should I take this supplement? Certain vitamins and minerals help wound healing. Surgery can increase how much you need and they can be used to improve wound healing.

Vitamin A

Side effects: Patients with abnormal liver function or malnutrition can accumulate leading to side effects. Side effects include dry mucous membranes, vomiting, headache, muscle or bone pain, and hair loss.

Vitamin C

Side effects: This is relatively well tolerated except in patients with a history of kidney stones. Common side effects are gastrointestinal issues.

Vitamin D

Side effects: In patients with a history of kidney stones, Vitamin D can result in an increased risk.

Zinc

Side effects: Common side effects are gastrointestinal issues.

Probiotics

Why should I take this supplement? Your body's natural intestinal flora serves a wide range of functions including immunity, healing, and nutrition. Surgery and especially antibiotics can alter the normal function of your intestines leading to poor healing, immunity, nutrition, and motility.

Side effects: Common side effects are bloating and diarrhea.

Homeopathic Therapies

Curcumin-a natural compound found in turmeric, a spice

Why should I take this supplement? This supplement is an anti-oxidant that can help wound healing and prevent infection.

Side effects: None known

Arnica-extracted from *Arnica montana*, a plant that grows in the Swiss Alps

Why should I take this supplement? This supplement can decrease bruising and swelling.

Side effects: None known

Bromelain-an enzyme found in pineapples

Why should I take this supplement? This supplement can decrease bruising, swelling, and sometimes pain.

Side effects: None known

Medications to Avoid- 2 weeks before and 2 weeks after surgery

Advil
Aleve
Alka Seltzer

Anacin

Anexsia
Anodynos
APC
Arthritis Pain Formula Ascriptin

Aspergum Asphal Aspirin B-A

Bayer
Bayer Decongestant Bayer Timed Release BC Tablets
Buaa-A Compound #3 Bufferin

Cama
Campron Capsules Cogespirin
Cope
Coricidin

Damason
Darvon
Dolcin
Dolene Compound Dolor
Duradyne
Duragesic

Ecotrin
Empirin
Equagesic
Excedrin

Feldene
Fiorinal
Fizri Powder Gemnisyn

Ibuprofen

Measurin
Meprogesic
Midol
Mobic
Momentum
Motrin

Naprosyn

Nilain
Norgesic Novahistine

Pabirin
PAC
Panodynes Percodan
Persistin

Quiet World Tablets Relafen

Robaxisal Sal-Fayne Stanback Tablets Stanco

Super Anahist Synalgos Talwin Tramincin Trigesic Vanquish Viromed

Way Cold Tablets Zactirin

Products to Avoid- 2 weeks before and 2 weeks after surgery

Alcohol (ok in moderation only) Chinese herbs
Dried Leech Extract

Echinacea

Garlic (ok in food but don't take capsules)
Ginger (ok in food but don't take capsules)
Gingko (watch out for at juice bars as "memory enhancer" additive)

Ginseng

Protein Powders sometimes contain Vitamin E
Omega Fish Oil
Red Wine
St John's Wort
Vitamin E (ok in Multiple Vitamin, but don't take extra)

- 1. If you currently take any blood thinning medication like Warfarin, Coumadin or Persantine, we will need you to discontinue two weeks before surgery, but CONSULT YOUR PRESCRIBING PHYSICIAN BEFORE DOING SO.**
- 2. Please start taking a daily Multiple Vitamin and Vitamin C 500mg twice daily. You may also take Arnica to minimize bruising.**
- 3. Tylenol is ok.**