

**Face or Neck Lift Surgery**  
**Clinic Phone Number: (801)449-9990**

**1. Post-operative care:**

**A caregiver over the age of 18 MUST be with you for 24 hours following surgery.**

**Before and Immediately after your surgery-** Go to [www.MobleyMD.com/care](http://www.MobleyMD.com/care). There are post-op care video(s) for you to watch. It is critical to watch the videos and be familiar with the content as there are things that need to be done right after surgery, for example, stripping the drains and “milking” the neck. Normally **we remove the dressing 2-3 days after surgery.**

**2. How you should expect to feel after surgery:**

- The procedure can make you feel groggy for up to 48 hours after surgery. This can cause nausea and sometimes vomiting. Keep yourself **hydrated** with water, 7-Up, Gatorade, or other sports drinks. Eat a **bland diet** (saltine crackers and broth for starters).
- After surgery you will have some pain and discomfort, which is to be expected and should be controlled with pain medications (Tylenol or prescription pain medications only.)
- **Escalating, severe pain is not typical and should be addressed.**
- You will have a pressure dressing that will cover your head and neck. You will have two (sometimes 3) small plastic drains that will be coming out of the dressing as well. There is a good video on [MobleyMD.com/care](http://MobleyMD.com/care) to show you how to care for your drainage tube. The drains will need to be “stripped” and

the neck “milked” every waking hour. These drains will all be removed at the 2-3 day post-operative appointment.

- There is an excellent video demonstrating the “neck milking” on MobleyMD.com/care. Make sure to watch and follow these instructions
- If you feel claustrophobic from the dressing, please contact our office and we will be able to help with this.
- You will have swelling, which is common after facial surgery. You are able to use ice for 20 minutes on and 20 minutes off. (Unless you had a fat transfer) Swelling usually peaks at day 3, and slowly subsides after that. It is common for some minor swelling to last 2-5 weeks after surgery. Each patient is different in their healing process.
- When resting, elevate your head above your heart to help decrease swelling for the first 3 days after surgery. An extra pillow or two is usually all that is needed. Sleeping sitting up is not necessary.
- **Using a travel pillow** placed around the front of the neck to support the head and to avoid the neck from slouching down while resting is recommended.
- Avoid unnecessary head movement or vigorous chewing for the first week after surgery. This will help minimize complications and prevent some discomfort.

### 3. Bandage/Wound care:

- When you come in for your post-operative appointment, the pressure dressing will be removed and replaced with a removable, elastic band. Dr. Mobley or his staff will explain wound care at that time. The elastic band should be kept on for 24 hours per day for the next 7 days, only to be removed for a brief time when showering.
- You are able to wash your hair once Dr. Mobley or his staff removes the original dressing. You will have a small amount of dried blood in your hair so do not be alarmed. *Blood is a strong pigment; therefore, a small amount of blood may make the basin of the shower look quite bloody.*
- **Do NOT take long hot steamy showers after surgery.** Hot water can dilate blood vessels and cause bleeding. Showers should be

brief and luke warm. “Get in, get clean, get out, get your dressing back on your face” is a good adage.

- When you shampoo your hair take some of the foam and rub the back of your ears, this will help break down any crusting and keep the area clean. Do not rub aggressively. Pat your ears dry. Put hydrogen peroxide in a travels size spray bottle and spray behind the ears. Let sit for a few seconds and then dab up with a q-tip. Then apply a small pea size amount of the antibiotic ointment behind each ear and on all incisions for 7-10 days after your surgery.
- The sutures will be removed approximately one week after your surgery. Out of town patients may make special arrangements.
- Starting the second week following surgery the elastic band can be worn only at night for the next 30 days.

#### 4. Pain Management:

- Dr. Mobley will prescribe you a narcotic Pain Medication to help control your pain after surgery. They will explain in detail how and when to use them. **If you have any allergies or issues (nausea, itching, or sensitivities) with a certain pain medication, please let them know in advance, so they are able to give you a more compatible pain medication prescription.**
- **Tylenol is the ONLY over-the-counter pain medication you are able to take after surgery for seven days. No aspirin, Alleve, or Ibuprofen. They can all cause bleeding.**
- Common side effects of narcotics include:
  - Constipation: Take a stool softener (MiraLax), increase fluids and walk more.
  - Nausea: Decrease narcotics, use the prescribed suppository, and take medication with food.
  - Loss of appetite: This will improve over time and once you stop taking the narcotic.
  - Sleepiness: This will improve once you stop taking the narcotics.
  - You should **NEVER** drive or consume alcohol while taking narcotic pain medication.

5. Activity/Exercise:

- Following your surgery, **NO strenuous activity or exercise** for the first week.
- **Light mobility is encouraged and is vital to your recovery.**  
**Take short frequent walks around your house to decrease the chances of complications, to decrease the possibility of developing a blood clot, and to maintain good circulation.**
- **Do not lie in bed for extended periods of time.**
- One week following surgery you can begin to increase your activity by 15% each day. By the 14<sup>th</sup> day following surgery, you should be back to your normal activities.

6. Return to work:

- In most cases you will be able to **return to work within 10-14 days** after your surgery. Each patient is different in their healing process, so this can be discussed at one of your post-op appointments. A return to work form can be given to you at that time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_