

Face/Neck Lift and Eyelid Surgery

Dr. Rajiv Sood

(317) 880-6825

TWO WEEKS BEFORE SURGERY:

1. Due to the interference of smoking on wound healing- you must STOP SMOKING at least three months before your surgery and until complete healing has occurred after surgery. Smoking significantly reduces your body's ability to bring oxygen to tissue for proper healing. Necrosis (death of tissue) is the result.
2. Do not ingest any brand of aspirin, or any of the following aspirin containing products, MAO inhibiting and serotonin drugs for 14 days prior to and 14 days after surgery. These may cause increased bleeding and will interfere with your surgery. Notify our office of all medications, herbals, oils, supplements, and suspensions that you are taking. If you need an aspirin-free fever reducer/pain reliever, take Tylenol.
3. If you develop a change in your health condition including a cold, cough, or fever, please call the office immediately.
4. If you chemically alter your hair have this done at least two weeks prior to your surgery to alleviate scalp irritation. You also must wait 3-4 weeks following surgery to color/treat your hair.
5. Expect a pre-operative phone call from the nurse. If you have not received a call by 2:00, please notify the office at 317-880-6825. Please have information ready regarding pharmacy phone number, where you will be recovering and phone number, what medications you are taking, medical/surgical history, and any questions you may have.

DAY BEFORE SURGERY:

1. Most importantly, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. This includes alcohol, water, hard candy, or chewing gum.
2. Prepare any food ahead of time for after surgery. You can make things that can easily be reheated, because you may not want to take the time to cook immediately following surgery. Also, having jello and broth available is recommended.

MORNING OF SURGERY:

1. NO EATING OR DRINKING. This includes gum and hard candy. You may take morning medications related to high blood pressure or a heart condition with a small sip of water. Do not take insulin unless instructed by your doctor.
2. Do not wear contact lenses, hairpins, hairpieces, jewelry, make-up or nail polish. It is recommended to remove artificial nails. Dress in loose comfortable clothes.
3. Have someone drive you to your surgery and make certain someone will be available to take you home. YOU MUST HAVE AN ADULT WITH YOU THAT CAN DRIVE YOU HOME. NO TAXICABS OR BUS RIDES HOME ARE ALLOWED.

AT HOME AFTER SURGERY:

1. You can expect an overnight stay or immediate discharge home dependent on your recovery from surgery and what Dr. Sood has ordered. It is recommended to have an adult available to help care for you the first 24-48 hours after surgery. If you do not stay overnight, expect to return to see Dr. Sood the morning following surgery.

2. Begin with a light diet after surgery. Examples of things to try are jello, broth, and popsicles. It is best to take pain medicine with toast or crackers to prevent an upset stomach. Slowly progress to a regular diet as tolerated.
3. You will be prescribed an antibiotic and pain medication. It is necessary to take prescription medications exactly as directed. Do not take more than the recommended amount of medications. If you have any questions, please call our office.
4. If you have pain or discomfort, take the pain medication every 4 hours. Alcohol must be avoided while on pain medication. Please be aware that pain medication can cause constipation. You can start stool softeners before surgery, drink plenty of water, drink prune juice, or use a laxative if needed. No driving or operating heavy equipment/machinery while taking prescribed pain medication.
5. Small drains may be used after surgery. These drains will remove any excess fluid that may develop. It is important to track how much fluid is emptied. The fluid will need to be removed from the bulb twice a day. After emptying the fluid, squeeze the bulb as you are closing the drain. Please keep a record of how much drainage is emptied and bring this record with you to each appointment. It is not unusual to have occasional pieces of material pass through the drain. This represents particles of fat or protein and is okay. If the drain falls out- DO NOT attempt to push it back in. This will cause infection. Remove the drain if it has fallen out and cover the opening with dry gauze. The hole will close within 24-48 hours.
6. Sleeping with your head and shoulders elevated is recommended. Use at least two pillows behind your back to prop you up. Refrain from bending forward for the first week following surgery.
7. You may apply ice bags to eye area for 20 minutes at a time for the first two days following surgery. This will help to decrease swelling.
8. It is normal to experience some swelling of the face and eyes after facial surgery. Please notify the office in the event that you experience pain that is unrelieved by pain medication or if you experience extreme facial swelling and/or if the swelling is noticeably more on one side.
9. All incisions will be extremely sensitive to sunlight during the healing phase. Direct sun contact is to be avoided and use a sunscreen with SPF 30 or greater for at least 6 months.
10. You may shower on your third post-op day. You may call the office if you have questions about your incisions. Clean with mild soap and water. Gently pat dry and cover with gauze dressings.
11. Do not do any activity that causes straining for the first couple of days. For the first 24 hours limit the number of times you get out of bed and use assistance each time you need to move.
12. Avoid strenuous activity until cleared by Dr. Sood. It is important to get out of bed and do light walking as soon as possible to reduce the risk of blood clots and other complications. General activities of daily living may be resumed within a couple of days. If you notice discomfort, decrease the amount of activity you are doing. Sexual activity should be avoided for one to two weeks following surgery or until cleared by Dr. Sood. Avoid lifting objects heavier than 10 lbs for six to eight weeks. Move your head and shoulders as a unit to turn to the side; this will decrease the tension on the stitch lines.
13. You can use eye drops, such as OTC artificial tears, as needed if you experience dryness, burning, or if you are unable to completely close your eyes.
14. No driving until after your first post-op appointment and when you are off your prescription pain medication.
15. Bruising, swelling, numbness, and tightness are common after surgery. These will subside over the next several weeks to months.
16. Do not hesitate to call our office if you have further questions.

GENERAL INFORMATION:

1. Minimize facial movements for the first week following surgery. This includes talking, smiling, yawning, squinting, and chewing.

2. Use a mild soap such as baby wash to clean hair and face. Make sure to rinse thoroughly. Avoid using other products on your hair, scalp, and face until sutures are out.
3. You may use a blow dryer on cool setting to dry hair.
4. Do not get hair colored or permed for at least three weeks following surgery and until complete healing has occurred. If you are unsure, please check with Dr. Sood.
5. If you develop red irritated eyes or yellow discharge from eyes please notify our office.
6. It is normal to experience tightness of the eyelids or tearing after surgery. This will decrease as swelling diminishes. Your eyes may turn red from excessive swelling. This will also get better as the swelling decreases.
7. Do not wear contacts for about 10 days after surgery and once swelling has diminished. You may wear glasses if needed.
8. ***Important*** If you have significant change in vision, increased redness, increased swelling, foul smelling wound drainage, wound separation, severe pain, or temperature of >101.5 , NOTIFY DR. SOOD'S OFFICE. These can be signs or symptoms of infection and need immediate attention.