Facelift & Neck Lift – Pre- and Post-Operative Instructions

#### **Please Read First**

The information on this page provides a condensed overview of key preparation and recovery guidelines for facelift and neck lift surgery. For complete instructions—including specific timelines, medication details, and aftercare protocols—please download the full Pre-Operative and Post-Operative instruction documents below. These serve as your primary reference for a safe and successful recovery.

### **What to Expect**

Facelift and neck lift procedures are performed under general anesthesia and are outpatient surgeries. Patients return home the same day with a responsible adult. Recovery includes swelling, bruising, temporary numbness, and incisional healing. Final results become more visible over several months as swelling subsides.

### **Key Pre-Operative Guidelines (Summary)**

**Fasting:** No food or drink (including water, mints, or gum) for 8 hours prior to surgery.  
 **Transportation:** A responsible adult must drive you home and remain with you overnight. Rideshare services are not permitted.  
 **Medications:** Discontinue aspirin, NSAIDs, and blood-thinning supplements as directed (typically 2–3 weeks prior).  
 **Lifestyle Adjustments:** Cease smoking (including e-cigarettes) 4 weeks before and limit alcohol intake for at least 2 weeks prior.

**Day of Surgery:**

* Shower the night before or morning of surgery.
* Do not apply lotions, deodorant, or makeup.
* Remove jewelry and valuables.
* Wear loose, front-opening clothing that doesn’t need to be pulled over your head.

**Suggested Supplies:**

* Tylenol (acetaminophen)
* Baby washcloths or gauze pads for cold compresses
* Gentle shampoo (e.g., baby shampoo)
* Optional: silicone-based scar gel

### **Key Post-Operative Guidelines (Summary)**

**Pain Management:** Use Tylenol (acetaminophen) as directed. Narcotic pain medication and anti-nausea medication may be prescribed.  
 **Antibiotics:** Complete the full course, even if symptoms improve.  
 **Mobility:** Begin gentle walking the day after surgery to support circulation and reduce the risk of blood clots.  
 **Sleep Position:** Sleep on your back with your head elevated (30–40 degrees) for at least one week.  
 **Eyewear:** Avoid glasses if uncomfortable; contact lenses can typically be resumed the day after surgery unless eyelid surgery was also performed.

**Incision Care:**

* Keep clean and dry.
* Gently cleanse with mild soap and water.
* Pat dry—do not scrub.
* Sutures will be removed during your follow-up visit.
* **Hair Care:** You may gently wash your hair two days after surgery. Use a wide-tooth comb and avoid hair products for at least one week.
* **Swimming & Baths:** Avoid submerging in water (tubs, pools, hot tubs) until incisions are fully healed—typically 2 weeks. Wait one month for hot tubs.

### **Recovery Expectations**

**Swelling & Bruising:** Common, especially on days 2–3. Lumpiness and tingling are normal early on.  
 **Sensory Changes:** Numbness in the cheeks, ears, and chin may last 6–12 months.  
 **Pain & Itching:** Sharp or shooting pains and itching are part of the healing process.  
 **Healing Timeline:**

* 6 Weeks: Most bruising and swelling subsides
* 3–6 Months: Noticeable improvement in scarring and overall appearance
* 6–12 Months: Final results become visible

### **Follow-Up and Support**

**Urgent Concerns:** Contact our office if you experience significant redness, warmth, drainage, fever over 101°F, or persistent pain unrelieved by medication.

**Emergency Situations:** For difficulty breathing or chest pain, call 911 or go to the nearest emergency room.

**Ongoing Communication:**

* + For non-urgent questions, please email clinicalrn@drshimching.com.
  + For urgent matters, contact the office directly from 9am – 5pm at (808) 585-8855.
  + For urgent matters that occur after hours, please use the physician exchange at (808) 524-2575.

**Appointments:** Follow-up visits are essential to ensure proper healing and address any concerns. Attend all scheduled appointments unless advised otherwise.

### **Download Complete Instructions**

For full details on recovery milestones, skincare, incision care, and restrictions, please download the document below:

**[Download Facelift & Neck Lift Pre & Post-Operative Instructions (PDF)]**