

Facelift & Neck Lift

Pre & Post Operative Instructions

Understanding Your Surgery with General Anesthesia:

- **General Anesthesia:** This type of anesthesia renders you completely unconscious during the procedure, ensuring you feel no pain and have no memory of the surgery. It is typically used for more extensive operations and requires careful monitoring by an anesthesiologist.
 - **Instructions:** Nothing to eat or drink 8 hours before surgery. This includes water, mints, candy, or gum.
 - **Post-Surgery Transportation:** It is mandatory to arrange for a ride home from surgery with a family member or friend. Patients may not use taxis or Ubers.
 - **Why?:** After surgery, especially with general anesthesia, it's important for your safety to have someone responsible to take you home and provide care for at least 1-2 days. This ensures that you have the necessary support during the initial critical recovery period. If you do not arrange for transportation and care for at least 1-2 days, then your surgery may be canceled, at your expense.

Shopping List

- ☐ **Tylenol (Acetaminophen):** This is a good alternative to narcotic pain medication, if your pain is not severe.
- ☐ **Baby Washcloths/ Gauze Pads:** These are great as "ice packs" for facial areas. Get 2-4 packages so that you can soak in an ice-water bowl & use as much as possible for the first 48 hours after surgery.
- ☐ **Gentle Shampoo (Baby Shampoo.):** Start using 2 days after your procedure.

Pre-Operative Instructions

Medication Management Before Surgery: Guidelines for Minimizing Bleeding Risks

These are general recommendations. For more information please refer to the email: Preoperative Instructions for Your Upcoming Surgery &/or contact our office for a safe plan tailored to your health needs and surgical procedure

- **Aspirin and NSAIDs:** Please discontinue use at least 3 weeks before your surgery, unless otherwise directed by your surgeon.
- **Anticoagulants (Warfarin, Heparin, Direct Oral Anticoagulants):** The discontinuation schedule varies. Please consult your surgeon at least 3 weeks before surgery to discuss a tailored plan, which may include temporary adjustments to your regimen or bridging therapy.
- **Herbal Supplements and Vitamins:** Discontinue any herbal supplements and vitamins that can increase bleeding risk, such as vitamin E, fish oil, ginkgo biloba, and garlic, at least 2 weeks prior to surgery.
- **ADD / ADHD medications** are to be avoided the day before surgery.
- **Contrave (Naltrexone-containing meds):** Patient must consult with the prescribing physician about when & how to stop this medication prior to surgery.
- **Weight Loss Meds (Ozempic, Wegovy, Semaglutide, ect.), & Biotin.:** are to be stopped 2 weeks prior to surgery.
- **Illicit Drug Use:** Please be honest about any illicit drug use during the preoperative assessment. Your safety is our priority and accurate medical information is crucial for planning a safe and effective surgical procedure.
 - Illicit drug use can have significant interactions with anesthesia and other medications administered during surgery, potentially leading to complications.
 - **Examples of the most important substances to mention include:**
 - Cocaine & Meth.

Consultation Is Key: If you are taking any of the above medications or supplements for chronic conditions, do not stop them without first consulting with the physician who prescribed them and your surgeon.

Together, we will develop a safe plan tailored to your health needs and surgical procedure.

4 Weeks Before Surgery

- **Reducing/Stopping Nicotine:** We strongly recommend reducing or ideally stopping nicotine (including cigarettes, oral tobacco, e-cigarettes with nicotine, patches, lozenges, and/or gums) for 4 weeks before and after your surgery.
 - **Why?:** Nicotine can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow to the surgical area, affecting healing and recovery. Any reduction in nicotine exposure is beneficial and contributes positively to your surgical outcome.

2 Weeks Before Surgery

- **Alcohol Consumption:** We encourage patients to reduce or stop alcohol consumption for at least 2 weeks before and after surgery.
 - **Why?:** Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, but can significantly improve your recovery experience.

The Day of Surgery: Your Preparation Guide

On the day of your surgery at Asia Pacific Surgery, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- **Shower or Bath:** On the day of surgery, please take a shower or bath using soap (either antimicrobial or non-antimicrobial).
 - **Avoid Applying Products:** Do not apply any lotions, perfumes, or other products to your skin after bathing.
- **Medications:**
 - **Blood Pressure Medications:**
 - Take your blood pressure medication as usual, including the day of surgery. On the day of surgery, take it with only a small sip of water.
 - **Diabetes Medications:**
 - DO NOT take any oral and/or injectable diabetic meds the night before or the morning of surgery.
 - Only take medications approved or prescribed by your surgeon with a small sip of water.

- **Fasting:** Adhere to the fasting instructions provided by your surgical team. Typically, this means no eating or drinking, including water, for 8 hours before your surgery.
- **Shaving:** If shaving is necessary in the area to be operated on, please do so 3 days prior to your surgery date. Shaving closer to your surgery date, including the day before or the day of, is not advised as it can increase the risk of surgical site infections.
- **Jewelry and Valuables:** Remove all jewelry and refrain from bringing valuables to the clinic, including piercings.
 - If you have metal hair extensions (such as clip-in or microbead extensions), please inform your nurse before surgery.
- **Makeup and Skincare Products:** DO NOT wear any makeup or apply skincare products on the day of your surgery.
- **Clothing:** Opt for loose, comfortable clothing that doesn't need to be pulled over your head, particularly if your surgery involves the upper body. A button-up or zip-front top is ideal for after the surgery.
- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for contact information.

Our team is committed to making sure you feel fully prepared and confident in the care you'll receive.

Post-Operative Instructions

The Night of Surgery

- **Head Elevation:** Sleep on your back with your head elevated about 30-40 degrees (2-3 pillows). Do not sleep on your side. Keep your head elevated to minimize swelling. Continue this for 2-4 weeks depending on swelling.
- **Breathing:** Take deep breaths frequently when you get home and continue for the first 24 hours after surgery. Deep breathing exercises help expand the base of your lungs, promoting better oxygenation, reducing the risk of postoperative lung complications.

Post-Operative Day 1

- **Appointment:** You must have a responsible adult drive you to your first office visit post-surgery, due to vision impairment. At this visit your surgeon will remove your dressing, a few of the skin sutures, and check the progress of your healing.

Medications

1. **Tylenol (Acetaminophen):**
 - **Pain Relief:** Tylenol is safe to take for managing pain. Please avoid NSAIDs such as Ibuprofen and Aleve, as they can increase the risk of bleeding.
2. **Narcotic Pain Medication:**
 - **Prescription Medication:** If you received a prescription for narcotic pain relievers, take them as directed for pain management. Be aware that these medications can cause constipation.
 - **Preventing Constipation:** You will be prescribed a laxative and a stool softener to prevent constipation. It's important to start taking these with your first dose of narcotic pain medication. Additionally, increasing dietary fiber, fluid intake, and physical activity can help manage constipation.
3. **Zofran (Ondansetron):**
 - **Nausea Prevention:** Zofran is prescribed to help prevent nausea and vomiting, which can be common after surgery. Take this medication as directed, particularly before meals or as soon as you feel nauseated.
4. **Antibiotics:**

- Infection Prevention: If you've been prescribed antibiotics, it's crucial to complete the full course as directed, even if you start feeling better. This helps prevent infection and ensures the effectiveness of the treatment.
- 5. Sinnech (Arnica Montana):
 - Reducing Swelling and Bruising: Sinnech is a homeopathic Arnica montana regimen that you'll take to help reduce swelling and bruising. This can potentially speed up your recovery process. Please follow the specific dosage instructions provided.

Nutrition

- Diet: Start with small light meals and progress as tolerated.
- Hydration: Stay hydrated with plenty of water. A general guideline is to aim for at least 8-10 glasses of water per day (about 2 to 2.5 liters). Limit or avoid caffeine and alcohol.

Activity

- Movement is Important: Make sure you are up and walking around immediately after your surgery. This helps prevent Deep Vein Thrombosis (DVT), a condition where blood clots form in the veins, usually in the legs. Regular movement improves blood circulation and reduces the risk of clots. Start with gentle walks around your home and gradually increase activity as recommended by your surgeon.
- Prescription Eyewear: Glasses may be uncomfortable right after surgery, so you might want to avoid wearing them for a few weeks. If you wear contact lenses, you can resume using them the day after surgery unless you also had eyelid surgery.
- Sexual Intercourse: Sexual activity can be resumed when you feel ready with no restrictions and incisions have adequately healed.
- Exercise: Contact sports, yoga, and strenuous workouts should be avoided for 2 months. Light exercise is permissible.

Bathing & Swimming

- You may shower and gently wash your hair 2 days after your facelift, being careful to avoid the incision areas. Use a gentle shampoo, such as baby shampoo, to minimize irritation.

- We recommend washing your hair before your suture or staple removal appointment to ensure the area is clean, while still being careful around the incision sites.
- Hair Care: You may gently comb your hair with a large, toothed comb. Avoid aggressively tugging at hair knots or tangles. You may use a hair dryer to dry your hair only if it is set on the cool setting.
 - DO NOT use any hair products (gel, mouse, hairspray, leave-in conditioners, etc.) for at least ONE week.
- Hot Tubs/Baths/Swimming Pools. No tub baths or Jacuzzi until your incisions have healed, and approved by your surgeon, which is usually around 2 weeks. It is best to wait one month for hot tubs as they tend to have more bacteria than regular chlorinated swimming pools.

How to Care for Your Incisions

- Keep Incisions Clean and Dry: It's crucial to keep your incisions clean and dry to prevent infection. Gently cleanse the incision sites with a mild soap and water.
- Avoid Scrubbing or Rubbing: Do not scrub or rub the incision area. Instead, pat the area dry with a clean, soft towel.
- Do Not Remove Sutures: Do not attempt to remove stitches; your surgeon will do this during your follow-up appointment.
- Minimize Sun Exposure: Protect your incisions from the sun to prevent discoloration and to promote better healing.

Post-Surgery Cold Therapy (optional)

- When to Start: Begin icing your face 24-48 hours after surgery to help reduce swelling and discomfort.
- How to Ice: Use a plastic bag filled with crushed ice or ice packs.
- Barrier: Always place a wash-cloth between the ice and your skin to prevent frostbite or irritation. Never apply ice directly to your skin.
- Timing: Apply ice to the affected area for 15-20 minutes at a time, then remove the ice for at least 40 minutes to allow your skin to recover. Repeat this cycle as needed for the first 48-72 hours post-surgery.
- When to Stop: Discontinue icing once the majority of the swelling has subsided, usually around 3 days after surgery. Consult your surgeon if you are unsure whether to continue.
- Important Notes:

- Be gentle when applying ice to avoid disturbing any dressings, sutures, or delicate skin areas.
- Excessive or prolonged icing may cause skin damage, so stick to the timing guidelines above.

What to Expect

- **Swelling and Discoloration:** Swelling and bruising of the surrounding tissues can be expected. Swelling and bruising may worsen on the second and third day after surgery. It is expected for one side of the face to be more swollen than the other. This is temporary and will improve over the course of the next six weeks.
- **Bleeding:** Some mild bleeding is expected at the incision sites the first few days after surgery.
- **Numbness:** It is common to experience numbness in the cheeks, ears, and under the chin area after a facelift. This numbness may last for 6 to 12 months as your nerves gradually heal.
- **Lumpiness:** You may feel some lumpiness in your cheeks and neck. This is normal and generally resolves on its own.
- **Pain and Itching:** Occasional sharp shooting pains or itching is normal and will resolve in a few weeks. Most patients describe a mild to moderate pain level after a facelift.
- **Scars:** After all stitches have been removed, the scars will appear a deep pink color. With time, the pink will fade and become white, the firmness of the scar will soften, and they will become less noticeable. Everyone's healing process is different, but it takes approximately a year for these changes to occur and the scars to look their best. Once your surgeon advises you, you may apply a Silicone based scar gel to your scar for enhanced healing.
- **Final Result:** Expect to see your final results between 6-12 months as the healing process takes time.

Emotional Recovery

It's normal to experience a range of emotions after surgery, especially when the appearance of your body changes. Some patients feel relief, while others may go through moments of doubt or grief. Please know that these feelings are valid and part of the healing process. You're not alone, and support is available if you need it.

Signs of Infection or Complications

It's important to monitor your recovery and be aware of any signs that may indicate an infection or complication. Contact your surgeon immediately if you experience any of the following:

- Increased redness, warmth, or swelling around the incision site
- Pus-like or foul-smelling drainage from the wound
- Fever over 101°F (38.3°C)
- Severe pain that is not relieved by prescribed medication
- Excessive bleeding or new bruising
- Persistent chills or feeling unwell

Prompt communication with your healthcare team ensures the best possible recovery. Do not hesitate to reach out if you have concerns.

Follow-up Care

- **Prioritizing Appointments:** Attending follow-up appointments is crucial for monitoring your recovery & ensuring the effectiveness of your treatment.

Patient Communication Guide: Who to Contact Post-Operation

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns for Dr. Ching or Dr. Long	Email: clinicalrn@drshimching.com	<ul style="list-style-type: none"> • General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Office Phone: (808) 585-8855 <u>After 5pm or on weekends:</u> Dr. Ching & Dr. Long @ Physician's Exchange (808) 524-2575	<ul style="list-style-type: none"> • Swelling, bruising, or redness • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding
Medical Emergencies	Call 911 or go to the nearest emergency room	<ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported & cared for.