

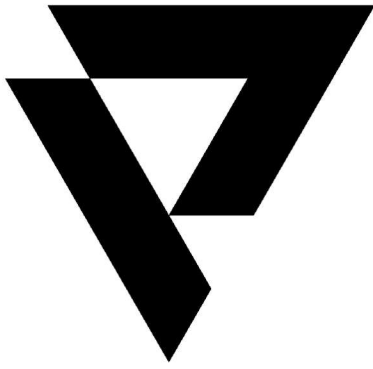
**Jigar Sitapara, MD**  
**Prime Facial Plastic Surgery**  
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## FACE/NECK LIFT PRE AND POST OPERATIVE INSTRUCTIONS

### AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (\*please review ingredients for any allergies or contraindications\*):
  - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
  - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
  - Biocorneum Silicone Scar Gel – For use one week after surgery. Do not use on eyelid incisions.
  - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
  - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
  - Active Skin Repair Hypochlorous Acid Hydrogel – Apply to incisions twice daily with clean hands. Allow it to dry before applying before bacitracin or other ointment. Do not apply to eye incisions.
  - Refresh Eye Drops – Sooth dry or irritated eyes as needed. Put the box in the fridge for added comfort.
  - Chloroseptic Spray – To soothe any throat irritation after surgery.
  - Neotectus Compression Wrap - Not necessary but some patients enjoy the added compression and support. May be beneficial to wear at night while sleeping.
  - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
    - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
    - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
    - Airplane Pillow – \*Hair Transplant Patients\* Bring with you ON THE DAY OF SURGERY.

The following instructions apply to patients who have undergone FACE/NECK LIFTS. Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.



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### **Preoperative Instructions**

If possible, do not take any Asprin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

### **Postoperative Instructions**

It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

You may be up and around the day after surgery, but some natural fatigue may persist for 2-3 days due to the normal effects of the anesthesia and surgical procedure. When you move, stand or change positions, do so deliberately and carefully for the first 7 days.

In turning your head, move the head and shoulders deliberately as a single unit.

You may eat a normal diet the day following the surgery. In moderation, talking and smiling are perfectly acceptable.

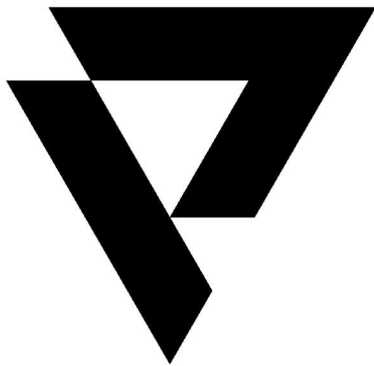
Your head should be elevated on at least two pillows during sleep for the first 14 days, in order to keep your head higher than your heart to help facilitate the resolution of swelling. Do not sleep face down, rather on your back or side.

**DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING MEDICINES** for 14 days prior to and after the surgery, and then only on the advice of your personal physician. Other routinely taken medications maybe taken as necessary.

Any unexplained development of pain, facial swelling or fever should be reported to us immediately.

Some facial and neck swelling and bruising are normally present after facelifts, but the degree of each varies widely from patient to patient. Do not be concerned if you have more or less than others who have undergone the “same” operation. Generally, most patients appear quite sociably acceptable within 10-14 days after surgery.

Dr. Sitapara’s team will remove the head wrap the day after surgery. They may or may not remove any drains if they are present. Keep the wrap in place until you see them.



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If a wrap is replaced after you see Dr. Sitapara's team, keep this on for another 48 hours. You can then remove this on your own and shower/wash your hair.

When you wash your hair for the first couple of weeks, be careful near incision lines. You will have some numbness around them and do not want to cause harm by rubbing those areas. Carefully let soapy water run over the incisions and avoid any scrubbing.

You may shower below the neck 24 hours after surgery.

No supportive face or neck wrap is necessary after surgery. Dr. Sitapara believes in allowing the incisions to breathe and to avoid compression of the lymphatic channels that allow you to heal.

You may gently cleanse the incision lines twice daily with Hypochlorous Acid Spray or 3% hydrogen peroxide using cotton (or Q-tips).

Apply the bacitracin ointment provided sparingly twice daily to the incision lines in order to avoid excessive crusting of the incisions and to accelerate the reduction of incision redness. Do not apply any other ointment or medications unless we prescribe it.

Do not blow dry your hair for 5 days, and postpone any planned permanent waves or hair coloring for 4 weeks following surgery. \*Pro-tip – get your hair colored a few days before surgery\*

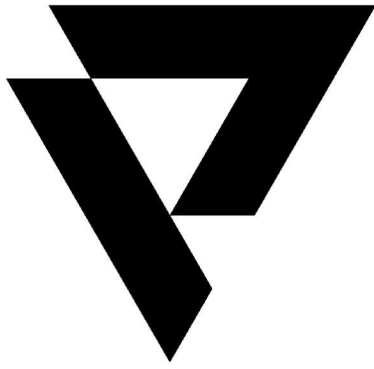
Your earlobes and portions of the face that have been lifted and repositioned will be slightly numb for several weeks; sensation will then return as healing progresses.

Do not wear heavy or tight earrings for 6 weeks, and avoid prolonged exposure to extremely cold temperatures.

Excessive exposure to sun (including sun-tanning parlors) in the first 3 weeks after surgery may result in prolonged facial swelling and injury to the skin. Thereafter, you should always protect your skin with a sun-screen in order to decrease the inevitable aging effects of the sun on your skin.

Makeup may be worn 72 hours after surgery but not directly on any incision lines. You may apply makeup to the incision lines between 8-10 days after surgery or once cleared by Dr. Sitapara.

**\*Drain Management\*** If a drain was placed, avoid manipulation for the first 24 hours. You do not need to measure the output or empty the drain for 24 hours. If Dr. Sitapara recommends keeping the drain for a prolonged period of time (typically between 3-5 days) you will need to empty the drain daily and put it back on suction. Watch this youtube video: <https://www.youtube.com/watch?v=DJzi2LLSuNw>



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Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2 weeks, slowly reintroduce exercise into your routine. Do not engage in vigorous exercise or sports for at least 6 weeks, or until approved by our team. Before 6 weeks, straining your neck while weight lifting or excessive turning of the head may impact your results.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.