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FACE/NECK LIFT PRE- AND POST-OPERATIVE INSTRUCTIONS

AMAZON POST-OP LIST: <https://a.co/cfYUsv8> (Please review ingredients for any allergies or contraindications).

- **Vitamin C and Zinc Supplements 1000mg - Zinc 20mg**
 - Take 1 pill a day starting 2 weeks before surgery
- **L-Arginine Pro** – Scientifically proven to aid in healing time and pain.
 - Consume 1 scoop per day the week before surgery and the week after surgery.
- **Vitamedica Bromelain** – Studies show significant reduction in bruising.
 - Take 500mg (2 pills) per day one week before surgery and the week after surgery
- **Biocorneum Silicone Scar Gel** – Helps decrease scarring.
 - Use two weeks after surgery or once approved by Dr. Sitapara to be used.
 - Applied to the incision site (DO NO APPLY ON EYELIDS).
- **General Gauze Sponges** – Preferably the non-woven type for comfort.
 - Use as needed for wound care.
- **Extra Strength Tylenol** – To assist with pain control.
 - 500mg rapid release tablets, take every 4-6 hours.
 - DO NOT exceed a total of 4000mg per day (8 tablets).
- **Active Skin Repair Hypochlorous Acid Hydrogel** – To help support the body's natural healing process
 - 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** – To help soothe dry or irritated eyes.
 - Use as needed.
 - May refrigerate in packaging for added comfort
- **Chloroseptic Spray** – To soothe any throat irritation after surgery.
 - Spray as needed towards the back of your mouth
- **Neotectus Compression Wrap** – After approval of Dr. Sitapara, compression can help support area of discomfort.
 - May be beneficial to wear at night while sleeping.
- **Sleep options** - We 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 it on top of another flat pillow to keep head elevated. Machine washable cover.
 - **Cozymaker Wedge** – Elevates your head and neck to an optimum angle.
 - May need to combine with an airplane neck pillow.
 - **Airplane Pillow** – to help prevent side sleeping

*****NOTE: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE*****

BEFORE SURGERY

- ☐ DO NOT take Aspirin, NSAIDS (Ibuprofen/Advil or Motrin, Naproxen/Midol or Aleve, etc) for 14 days before your procedure (Unless otherwise advised by your primary care provider – please let our Nurse/Surgeon know if this is your situation)
- ☐ Avoid Alcohol for 7 days before your procedure to help with your healing process
- ☐ **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE**
- ☐ Wash your hair with shampoo and conditioner on the morning of surgery or the night before

ON SURGERY DAY

- ☐ If morning medications were allowed by Dr. Sitapara, please take these with very small sips of water before arriving at the office.
- ☐ Wear comfortable clothing, especially button-down shirts or zipper sweaters. This will make it easier for you to dress after the surgery.
- ☐ Remove all jewelry before arriving at the office.

AFTER SURGERY

- ☐ Stay ahead of your pain for the next 24 hours to avoid sharp spikes of pain that will take longer to alleviate
- ☐ Plan to have a light meal after your procedure (yogurt, applesauce, broth or soup are good options)
- ☐ When sleeping the night after your procedure and for the next 14 days, try to keep your head elevated as much as possible with the use of extra pillows.
- ☐ Contact our office if you experience any of the following:
 - If you develop a fever
 - Experience one-sided pain that is not alleviated with pain medication

Example of Pain Management/Medication Schedule

Time (Start when you get home)	Medication
7 pm	1 Zofran 4mg and 1 Oxycodone 5mg
9 pm	500mg Tylenol
11pm	1 Zofran 4mg and 1 Oxycodone 5mg

- ☐ Alternating between oxycodone and Tylenol will help with more pain coverage.
 - After you eat something, take one Zofran 15 minutes before taking Oxycodone to prevent any nausea/upset stomach.
 - Oxycodone can be taken every 4-6 hours.
 - Tylenol can also be taken every 4-6 hours
 - In the evening, if patient is comfortable/sleeping, use discretion, it's ok to not follow the schedule to the "T."

NEXT DAY AFTER SURGERY (DAY 1)

- ☐ At your next day post-op appointment, your head wrap and drains (if applicable) will be removed. If either comes out during the night, please do not worry and apply a gauze over the site and tape the wrap as best as possible until you see us the next day.
 - If a wrap is replaced after you see Dr. Sitapara, keep this on for another 48 hours. You can then remove this on your own and shower/wash your hair.
- ☐ ***Drain Management*** If drains were placed, avoid manipulation for the first 24 hours.
 - You do not need to measure the output or empty the drain.

- If Dr. Sitapara recommends keeping the drain for a prolonged period (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>
- After the wraps are removed, apply bacitracin ointment provided sparingly twice daily to the incision lines 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
- You may gently cleanse the incision lines twice daily with Hypochlorous Acid Spray or 3% hydrogen peroxide using cotton (or Q-tips).
- You may take a shower below the neck after the wrap has been removed.
- No heavy lifting
- Keep your head elevated when bending over or moving around.

ONE WEEK AFTER SURGERY (DAY 7)

- On day 3 (72 hours after surgery), you may wash your hair, please 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.
- Makeup may be worn 72 hours after surgery but not directly on any incision lines.
- At your one-week appointment, your stitches will be removed. Please try to take Tylenol if you are still experiencing pain a few hours before this appointment.
- Walking is recommended after surgery but avoid any activity that raises your heart rate or blood pressure as this can cause a spike in inflammation and swelling.

POSTOPERATIVE EXPECTATIONS:

- Please try to follow these instructions given to you and to check in with our office if you have any questions
- You may have a normal diet the day following the surgery.
- Pre-Icing is a good strategy to minimize discomfort especially before eating, excessive talking, or prolonged use of facial muscles. Ice your cheeks away from the incision lines for 15 minutes.
 - **DO NOT DO** if you have also done the resurfacing laser during surgery.
- After surgery, you may be up and moving around but it is normal to experience some fatigue that may persist 2-3 days after surgery. This is a normal effect of the anesthesia and the surgical procedure.
- When moving, standing or changing positions, try to take your time and be careful, use assistance, if possible, for the first 7 days. When moving your head, try to move both your head and shoulders as a single unit to reduce pain and discomfort.
- Do not sleep face down, rather on your back and stay elevated.
- Do not take any aspirin or aspirin containing medicines for 14 days after the surgery, unless otherwise indicated. Other routinely taken medications may be taken as necessary.
- Some facial and neck swelling and bruising are normally present after facelifts. Do not be concerned if you have more or less than others who have undergone the “same” operation.
- No additional supportive face or neck wrap is necessary after surgery, except the one you leave wearing on the day of surgery. Dr. Sitapara believes in allowing the incisions to breathe and to avoid compression of the lymphatic channels that allow you to heal.
- Do not blow dry your hair for 7 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***
- Slight numbness is expected for several months, especially around your earlobes and portions of your face. Sensation will return as the healing process progresses.
- You may apply makeup to the incision lines between 8-10 days after surgery or once cleared by Dr. Sitapara.
- Do not wear heavy or tight earrings for 6 weeks
- 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 sunscreen to decrease the inevitable aging effects of the sun on your skin.
- Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise.
- After 2 weeks, slowly reintroduce exercise into your routine.
- Before 6 weeks, DO NOT engage in vigorous exercise or sports, or until approved by our team. Straining your neck while weightlifting or excessive turning of the head may impact your results.