

POST-OPERATIVE INSTRUCTIONS: S-LIFT

You will need a responsible adult to care for you for the first 24 hours after surgery.

Suture Line Care

- Get the following supplies: antibiotic ointment, cotton tip applicators, hydrogen peroxide.
- Mix equal amounts peroxide and water and place in a pill container. Now you have a mixture for the entire period of suture line care.
- Use the cotton tip applicators and peroxide/water mixture to clean dried blood from the incisions. Repeat as necessary to keep the incisions clean.
- Cover the incisions with antibiotic ointment at all times to keep them moist. They should not dry out. If the wounds dry out, it can lead to an increase in scarring.

Position

Elevate your head with 3 pillows, or preferably a recliner, for at least 7 days. Sleeping with your head flat will cause an increase in swelling.

Ice

Use the gel packs or ice/frozen peas with the provided cold pack holder (stockinette) for **30 minutes out of every hour while your caregiver is awake** on the first post-operative day. The second, third, and fourth post-operative days, use the gel packs/ice/frozen peas in the stockinette for 30 minutes at a time, 5-6 times per day. When using the gel packs, place the white side of the gel pack towards your skin.

Heat

Begin warm, moist heat on the 5th day after your procedure. Apply a warm, moist washcloth for 20 minutes at a time, 4-5 times per day on the bruised areas. **Test the temperature of the washcloth against your forearm to be sure it is not too hot – REMEMBER THAT YOU ARE NUMB!!! Hot is not better: warm is best.**

Activity

- Please avoid turning your head or bending your neck for the **first week**. The shoulders, neck, and head should move as a unit when you turn.
- Avoid bending and lifting over 10 pounds for the first **2 weeks** after your procedure.
- For the first few weeks after your procedure, take extra precautions to protect your face and neck from trauma.
- Please avoid strenuous physical activity for **2 weeks** following your surgical procedure.

Cosmetics

Do not use makeup over the incisions for **3 weeks** following surgery. Also, do not attempt to camouflage the bruised areas for **2 weeks** following surgery. You may gently wash your face after 3 days.

Sun Exposure

Please do not go out for prolonged periods (more than 30 minutes) in direct sunlight until all the bruising is gone. If you do, you may develop hyperpigmentation around the bruising.

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Hair Care

You may wash your hair on the 3rd post-operative day. Please DO NOT color your hair for at least 6 weeks after your surgery as this may alter the skin color of the incisions. If you do color your hair, please do it 1 week prior to your procedure.

Diet

When you arrive home you may start on a clear liquid diet. If you are not nauseated then you may advance your diet as tolerated.

Tobacco Usage

PLEASE ABSTAIN FROM USING ANY TOBACCO PRODUCTS (including chewing, smoking, and vaping) FOR AT LEAST ONE MONTH AFTER SURGERY.

Medications

- You will be given multiple prescriptions, including antibiotic, anti-nausea, and analgesic medications. **Please fill these prescriptions before your surgery date.** It is important to avoid taking aspirin or aspirin-like medication for at least 5 days following your surgical procedure.
- You have been provided with SinEcch (arnica capsules). These are in the blue and orange box. **Please take the first SinEcch capsule the night before surgery.** Refer to the blister pack inside the box for remaining instructions.
- You have also been provided with Zantac. Take this capsule with a small sip of water the day of your surgery.

Biocorneum Advanced Scar Treatment – Ensure the affected area is clean and dry. Apply a thin, even layer twice daily. Allow to dry. Wait 15 minutes before sun exposure. Start THREE (3) weeks from the date of your surgery and use for 3 weeks.

At times you may experience any or all of the following

- Swelling – this is very common and usually reaches its maximum around 48 hours after the procedure. At 72 hours following your procedure, the swelling will start to subside.
- Facial discoloration – the bruising will become more prominent on the second or third post-operative day. Keeping your head elevated, use of cold packs for the first 4 days, and use of warm packs starting on the fifth day will decrease the amount of bruising that occurs. Another important factor in the occurrence of bruising is the individual's propensity to bruise.
- Thinning of the hair – occasionally the hair may thin around the incision lines.
- Numbness – you will have numbness of the cheeks and neck regions. This is usually a temporary occurrence. It should subside around 12 weeks after your procedure.
- Scars – after the sutures are removed, the scars will generally develop a red or pinkish coloration. As time passes, the reddish hue should fade and the scar will become a less noticeable white line. That may take several months to occur.
- Depression – it is not uncommon to experience a period of mild depression. It is important to remember it is a temporary condition and will subside.

POST-OPERATIVE INSTRUCTIONS: S-LIFT (CONT.)

PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE AT [208.344.9115](tel:208.344.9115). AFTER HOURS, YOU MAY REACH DR. HAGHIGHI ON HIS CELL PHONE AT [614.592-8666](tel:614.592-8666) OR DR. ROWAN AT [208.724.2648](tel:208.724.2648).

- Excessive bleeding
- Sudden swelling or discoloration
- Discharge from the wound
- Any itching, rash, or reaction to any of the medications prescribed
- Temperature above 100 degrees

Never hesitate to call our office if you have questions or concerns. REMEMBER...faithful adherence to the pre-operative and post-operative instructions will help to minimize swelling, discomfort, and bruising, and will maximize your procedure benefits.