

# Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMIYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNEA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

## FACE and Neck LIFT

### *Post Operative Instructions*

#### **AT HOME AFTER FACE LIFT SURGERY:**

- Always elevate your head. Avoid turning your head from side to side. To turn, move head and shoulders together. No lifting or bending over.
- Get out of bed with help. It is not good to lie still in bed, so move your feet and legs a couple of times every hour while you are awake.
- A liquid diet is best for the day of the surgery. Begin by taking liquids slowly and progress to soups or JELL-O®. You can start with a light diet the next day.
- You may have drains in place after surgery; if so, instructions will be given.
- You can expect some swelling of the face and eyes after surgery. Call if swelling on one side is more pronounced or harder than the other side; or if you are having pain that is not relieved by pain medication.
- Remember: DO NOT SMOKE or be around smoke.

#### **OTHER POSTOPERATIVE FACE LIFT INSTRUCTIONS:**

- Discourage visitors and keep facial movements (smiling, talking, chewing, yawning, etc.) to a minimum for the first few days.
- You will return to the office at post day 1 to have your drain removed.
- You will return to the office at post-op week 1 to have bandages and stitches removed.
- You may shower at post-op day 2 or 48 hours after your surgery.
- Wash your hair gently with baby shampoo and rinse thoroughly until the soap is out. It may take several washings before all the crusts are out of hair. Do not use hairsprays, conditioners, gels, etc. You may wash your face with gentle soap (Dove, Neutrogena, etc.). You may use a moisturizer on your face, being careful to keep it away from the stitch lines.

# Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMIYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNFA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

- Makeup may be applied immediately, but do not get it near the stitch lines until two days after the stitches have been removed.
- Normal activities can be gradually resumed after two weeks. You may resume exercise after four to six weeks.
- The skin of your face is sensitive to sunlight after surgery. Protect your facial skin with sunscreen (SPF 15 or greater). Sauna and steam baths should be avoided for four weeks following surgery.

## **GENERAL INFORMATION:**

- Swelling and bruising will almost always be more than you expected. Bruising generally subsides in seven days. Most of the swelling subsides in two weeks. It will continue to improve for two to three months.
- The scars have a tendency to redden and become more noticeable a few weeks after the surgery, this is normal. The redness will fade. Please be aware it takes a full year for scars to mature. We will advise you on scar management modules.
- Numbness of the scalp is common. Often this begins to return in six weeks but may take six to nine months to improve.
- Discoloration of the whites of the eyes may occur if there's a lot of swelling. This is painless, will not harm your vision and will disappear completely.
- Arnica is a homeopathic medication that helps to reduce swelling and bruising and can be found in natural food/nutrition stores. Begin taking two days before surgery.
- The office will contact you the day after surgery to check up on you, answer questions, and book follow-up. (Friday/Weekend surgeries - patients will be called on Monday.)

## **Medications Prescribed (not all medication may apply)**

*Please take all your medications as prescribed.*

**Scheduled Medications: Please take these medications as scheduled**

# Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMIYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNEA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

**Antibiotic: Keflex (cephalexin) 500mg (started day of surgery, is a SCHEDULED medication, please follow the prescription ordered)** is an antibiotic you must take for a total of 5 days. (Note that antibiotics may impair birth control pills.)

**(\*May not apply to you) Blood thinner: Lovenox 30 mg/0.3 ml injectable solution (started day AFTER surgery)** is used for the prevention of blood clots after surgery. You or your caregiver will administer 1 subcutaneous injection into your thighs daily for 5 days.

**Tylenol (Acetaminophen)** (Age GREATER than 60: 1000 mg every 8 hours) (Age LESS than 60: 1000 mg every 6 hours)

**As needed: These medications are scheduled “as needed” per your pain level. We provide you with many types of medications that focus on the “type” of pain you are experiencing. If you plan to take more than one of these medications, please plan to take them at least 2 hours apart as they can make you sleepy.**

**Toradol (ketorolac):** 10 mg every 6 hrs = 15 tabs

**Type of Pain relief: Anti-inflammatory: Swelling/Pain: (started day of surgery as needed, please follow prescription ordered)** This is a different form of Ibuprofen so please stay away from other anti-inflammatories while taking this medication.

**Gabapentin (Neurontin):** 100 mg; every 8 hours = 48 tabs (16 days)

**Type of Pain relief: Nerve Pain: Itching/Burning/Tingling/Numbing/Sharp: (started day of surgery as needed, please follow the prescription ordered)** is used for pain relief every 12 hours. Please let us know if you are taking any prescriptions for mood-altering (depression or bipolar) medications as these can potentially interact.

**\*this medication can make you sleepy, please do not plan to drive on this medication**

**Cyclobenzaprine (Flexeril):** 5 mg; every 8 hrs = 10 tabs

**Type of Pain relief: Muscle Relaxer: Muscle spasms/Muscle cramping: (started day of surgery as needed, please follow prescription ordered)** is a muscle spasm medication.

**\*please do not drive while on this medication**

**Oxycodone (Narcotic Pain Reliever):** po every 4-6 hours as needed = 30 tabs

**Type of Pain Relief: General pain (started day of surgery as needed, please follow the prescription ordered)** is an oral narcotic prescribed to manage your pain.

**\*please do not drive while on this medication**

**Docusate Sodium (Colace): Stool Softener:** every 12 hours = 14 tabs (7 days)

# Elite Plastic Surgery

ROZBEH TORABI, MD ■ RADBEH TORABI, MD ■ RAMIYAR TORABI, MD ■ KRISTA SINCLAIR, FNP-C, RNEA  
Scottsdale | 8322 East Hartford Drive Suite 102 Scottsdale, AZ 85255 | Tel: (480) 291-6895 | Fax: (480) 948-3750  
Chandler | 1120 S. Dobson Rd. Suite 110 Chandler, AZ 85286 | P: (480) 937-0180 | Fax: (480) 948-3750

**Senna: Bowel Stimulant:** every 12 hours = 14 tabs (7 days)

You may take the Colace and Senna together.