2001 Butterfield Rd, STE 100, Downers Grove IL, 60515 630-426-6019

Face & Neck Firming Post-Operative Instructions

FIRST 24 HOURS

- **Compression Dressing**: Please wear the post-operative compression wrap at all times during the first 24 hours after your procedure. **DO NOT REMOVE OR CHANGE THIS DRESSING**. This wrap should be snug, but not tight. If the wrap is "too tight" please let us know. It will be difficult to swallow during the first two or three days. Your neck muscle is tighter as a result of the procedure, and this is the reason. The wrap should not contribute to this sensation, but people often mistakenly believe that it is causing the difficulty. Either your Doctor or one of his staff will change your dressing during your 24 hour Post-Operative appointment and place a more custom-fitting garment over the new dressing.
- **Icing:** You should apply ice to your face for at least 15 minutes of every hour that you are awake. Because of the bulky dressing being used for compression, this can be quite tricky getting the cold to the skin around your ears. Do the best that you can. The compression is more important than the icing during this phase. If you received PRP treatment during your surgery **DO NOT** use ice.

AFTER THE 24 HOUR APPOINTMENT

- **Compression Dressing:** Continue to wear the new bandage for 24 hours. After this point (two days after your procedure, which we call post-operative day 2), you can remove the custom outer garment, along with all gauze underneath it and take a shower and gently wash your hair and incision lines with any mild soap/shampoo. As soon as your hair is dry, please reapply the custom garment to provide support to your face and neck. It should be snug. Wearing it loosely does not accomplish anything. There is no longer a need to have any gauze underneath the garment, unless there is still oozing/bleeding present.
- **Icing**: Please continue to ice 15 minutes of every hour while you're awake for a total of 72 hours from the time of surgery. You can wrap the ice pack with a thin cloth and place it inside of your compression garment for convenience. If you received PRP treatment during your surgery it is safe to use ice at this point. **AFTER 72 HOURS FROM THE TIME OF SURGERY, ICE HAS NO PROVEN BENEFITS FOR REDUCING SWELLING,** however it may still feel soothing to you. If it does (soothes you), you should continue to ice as often as you would like. Feeling soothed promotes the healing process.
- **Cleaning:** After 48 hours from your procedure, you may shower with a mild soap/shampoo. You should clean all incision lines with soap and water two times/day and apply a fine layer of antibiotic ointment to your face/neck incisions and a fine layer of lacrilube to your eyelid incisions.

Re-application process of Compression Dressing:
Follow the below steps twice daily (morning and night)

1. Apply Bacitracin along your suture line
2. Wear the compression garment in a snug fashion.
3. Some people are sensitive to the compression garments. If you are, utilizing a gauze roll or cotton t-shirt between it and your skin is advisable.

POST-OP DAY 2 UNTIL SUTURE REMOVAL

- **Compression Dressing:** This should be worn non-stop other than for showers for the first (meaning the entire time between your first two post-operative visits). The reason for this is to provide support to your tissues while they heal, allowing you to get the best possible result. It's similar to the reason one wears a cast after a doctor has re-set a broken and crooked bone. Of course, the bone is not yet healed even though it was straightened. It needs to be supported with a cast, holding it still to allow it to heal where the doctor put it. The same is true of your neck and jawline, and we support them with this compression garment.

SLEEPING

Sleep with your head elevated at least 30-45 degrees for the first 7 nights. Prop your neck and shoulders up with 2 or 3 pillows. Alternatively, you may sleep in a reclining chair. Your head should be higher than your heart during this time. After 7 days have passed, you may try and sleep in bed as you normally would. IF you wake up more swollen after one night's sleep in normal position, sleep with your head elevated for two consecutive nights before trying to sleep flat again. Alternate two night's sleep with your head elevated with one night of sleeping flat until you are able to sleep flat without waking up more swollen than when you went to bed.

DIET

There are no diet restrictions, but we do recommend having soft foods available plus 80 grams of protein in your diet daily. Protein is important for wound healing. We also recommend drinking plenty of fluids while you are healing. Most patients will not be able to open their mouths widely and have difficulty swallowing. This is normal. The jaw-stiffness and difficulty swallowing will usually start to resolve within 24-48 hours and be gone after several days.

DRAINAGE

You will have some drainage from the incisions that could last up to 72 hours (and sometimes longer in some people). Do not be alarmed, as this is normal. You may need to apply light pressure to the incisions for several minutes while the drainage occurs. If the bleeding is excessive and will not stop, please contact your physician immediately.

MEDICATIONS

Please take all medications as directed on the bottle. **You should try and eat something small (and bland) 10-15 minutes prior to taking any antibiotics or pain medications; they may cause nausea and vomiting if taken on an empty stomach!** If you experience unrelenting nausea and vomiting, please call the office immediately.

GENERAL INFORMATION

The second and third days after surgery are usually when the swelling is the worst. One side of the face may **swell** more than the other. This is very common. Please do not be alarmed by neck stiffness, this will subside within a few days. Please do not operate machinery or drive while on the prescription pain pills. Do not make any important decisions while under the influence of these medications. Keep exertion to a minimum. Do not attempt any strenuous exercise, bending, or lifting heavy objects more than 25 pounds until more than 3 weeks out from surgery.

Your Doctor recommends light walking 3 times a day following your procedure. **If your balance or coordination is affected by the medication have someone escort you on your walks.** Please stay off blood thinners such as, aspirin, Motrin, and vitamin E until your sutures are removed, unless approved by your Doctor. You may shower and wash your hair 48 hours after your procedure. **CONTACT LENSES** may be worn 1 week after your eye procedure. Please do not wear heavy earrings until 3 weeks after surgery.

DISCOMFORT

Facelift patients will experience the most discomfort within the first 24-48 hours. It is caused by the pressure dressing and may feel as a dull pressure ache around the ears and neck. For eye patients, most discomfort occurs immediately after surgery. The most common symptom is a burning sensation that lasts a few hours, and then subsides. If you experience intense pressure, pain or swelling around your eyes please calls your physician immediately.

WHEN TO CALL DR PARESI

Call 630-426-6019

- Fever over 100.5 for 2 readings taken 4 hours apart.
- Marked increase in redness, swelling, or pain around incision.
- Any excessive bleeding or drainage from your incisions.
- Pain is not relieved by prescription medication.
- Persistent problems with nausea or vomiting
- CHEST PAIN or TROUBLE BREATHING: CALL 911 or go to an Emergency Room

YOUR FIRST FOLLOW UP IS 24HOURS AFTER SURGERY

FOLLOW UP IN 7-10 DAYS THEREAFTER

ALL FOLLOW UP APPOINTMENTS ARE ON TUESDAYS* (With the exception of your first 24 hour appointment)