



# THE MICHAEL HORN

## CENTER FOR COSMETIC SURGERY

### Face Lift and/or Neck Lift Home Care Instructions

Dr. Horn has a very dedicated nursing staff to help make sure you are recovering and healing from surgery as expected. It is very important to keep your follow-up appointments as scheduled.

#### **After-surgery appointment schedule with nursing staff:**

- 1. Initial follow-up appointment:** will be an **in-office** visit, one day after surgery. At this time, your incisions will be checked.
- 2. Second follow-up appointment:** will be **in office** four days after surgery to remove drains (if applicable).
- 3. Third follow up appointment** will be **in office** ten to twelve days after surgery to remove sutures and staples.
- 4. Fourth follow up appointment** will be **in office** at the six to ten week mark based off recovery and availability

#### **Medications:**

**Clonidine 0.1mg:** *lowers blood pressure to help reduce swelling*

- Take 1 tablet by mouth twice daily for 3 days

**Arnica:** *helps reduce bruising and inflammation.*

- Starting 4 days prior to surgery-Dissolve 5 tablets under tongue 3 times daily for 5 days.

**Keflex (Cephalexin) 500mg:** *antibiotic.*

- Starting evening of surgery- Take 1 capsule by mouth 3 times daily for 7 days.

**Celebrex (Celecoxib) 200mg:** *helps reduce swelling.*

- Morning of surgery take 2 capsules by mouth with a small sip of water
- Morning after surgery take remaining 1 capsule by mouth with water

**Norco (Hydrocodone/Acetaminophen) 5mg/325mg:** *Opioid pain reliever*

- After surgery, as needed- Take 1 to 2 tablets every 4 to 6 hours as needed for pain.

**\*\*\*\*\* Please note:** Opioids can be addicted and have negative side effects, including constipation. If you are need of additional pain, relief after you completed your Norco we ask that you switch to Extra Strength Tylenol if needed (max 3 grams per day)

**Allergies:** If you notified us before your surgery that you were allergic to any of the above medications, we gave you a substitute medication. If this is the case, please follow the instructions on your medication bottle.

If you experience hives or itching after taking a medication, you may be having an allergic reaction. Please discontinue medication and contact us immediately.

**Usage:** Take pain medication **with food**. Pain medications and decreased activity can cause constipation. If this occurs, you can take a stool softener or laxative which can be purchased over the counter at any pharmacy. It is also recommended that you eat fresh fruit as it is a natural laxative.

**No aspirin or aspirin containing products for 4 weeks after surgery. This does include ibuprofen. If you have a headache, take Tylenol only.**

**Bathing:** You can resume showering after 24 hours. Can shower 24 hours after the surgery but cannot get scalp/incisions/staples wet. You may wash your scalp after the staples have been removed. No dry shampoo. No bathtub or swimming for two weeks after procedure.

**Sutures/Staples:** Sutures and staples will be removed two to twelve days after surgery.

**Drains:** Empty drains twice a day and record time and amount on drainage record. Make sure drains are closed to suction (as demonstrated by the post-op nurse in the recovery room).

**Swelling:** It is normal for your face and cheeks to swell after surgery. The swelling may cause these areas to look uneven until the swelling subsides. Usually, swelling will go down in two to three weeks. In rare instances, it may take four weeks for the swelling to subside.

**Topical Treatment During Recovery:** You need to keep the area surrounding the incision moisturized with either Vaseline or Aquaphor, avoiding the Steri-strips. You may also purchase from our office the following recommended topical:

**Alastin Regenerating Skin Nectar**

Begin using immediately after steri-strips have fallen off

Cost: \$195 plus tax

**Garment:** Garments help reduce swelling. For optimal results, your head and neck garment should be worn for a minimum of two weeks (24 hours a day for the first week and at night during the second week). There may be some bloody drainage on the garment after your procedure. If you wash the garment, re-apply as soon as garment is dry; you can also purchase additional garments from our office if you prefer.

**Activity:** Walk as soon as possible following surgery, as this helps reduce swelling and lowers the risk of blood clots forming. Rest for one to two weeks and then increase activity as tolerated. Patient may begin light exercise (slow walking on the treadmill) after four weeks. You can return to vigorous activity in six weeks.

**Driving:** You may resume driving when you are no longer taking prescription pain medication and you are able to sit comfortably behind the wheel and perform all motions necessary for safe driving.

**Recommendations for scar care:** Scar care can begin six weeks post-operatively. We do not recommend applying any topical treatments that address scarring, including the ones listed below, until you are six to ten weeks post op.

**NeoCutis BioGel Moisturizing HydroGel:** Visibly diminishes the appearance of scars.

***Instructions:*** Apply to affected area twice daily. Cost: \$178 plus Tax

**BIOCORNEUM by Sientra:** Crosslinked silicone that visibly diminishes the appearance of scars. ***Instructions:*** Apply a thin, even layer twice daily. Cost: \$143.95 plus Tax

**Special Instructions:**

- Sleep with head elevated for three to four days and then resume the position that is comfortable. We do not recommend that you sleep with your face down.
- Do not use hair dye or permanent hair solutions for two months.
- Keep hair dryer temperature set on low or no heat, as you temporarily may not have feeling in operated areas. You do not want to burn your scalp or skin.

**What To Expect:**

- Temporary discomfort, tightness of skin, swelling, bruising, numbness and some headaches.
- Bruising usually resolves in 10-14 days.
- Swelling may affect cheeks and eyes for a week or so
- As nerves heal, itching may replace numbness on top of scalp; this may last up to six months.
- Possible hair loss.

**Appearance:**

- Younger, more refreshed rested look.
- Final results can be expected in approximately 6 months.
- Visible signs of surgery should fade in about three weeks.
- Normal growth of hair around incision usually resumes in a few weeks or Months

**General instructions:**

- Do not stay unattended for the first 24 hours following surgery.
- Do not work with electrical or mechanical devices for 24 hours.
- Do not drive for 24 hours after surgery.
- Do not take tranquilizers or sleeping pills for 24 hours after surgery.
- Do not make any important decisions/sign important documents for 24 hours after surgery or until your full mental alertness returns.
- Do not take aspirin or aspirin containing products for four weeks after surgery.
- Do not smoke for two weeks.

**In case of:** Continuous or Heavy Bleeding  
Difficulty Breathing  
Fever/ Chills  
Continuous Nausea and Vomiting  
Excessive Drainage from Surgical Area

**Contact Dr. Horn or the clinical staff immediately.**

**During business hours, call the office at 312.202.9000. After hours, page Dr. Horn.**