



2345 Lamington Road, Suite 108, Bedminster, NJ 07921
Tel: 1877-JANJUA1 or (908) 470-2600 Fax: (908) 470-1660
www.janjuafacialsurgery.com

FACE LIFT INSTRUCTIONS

BEFORE SURGERY

THINGS YOU NEED TO BUY:

Hydrogen peroxide, Q-tips, cotton balls, Bacitracin Ointment, Hibiclens wash, frozen peas, and zip lock bags to make ice packs, Dermend cream or Arnica cream, Arnica pills, Vitamin C pills,

EXERCISE:

It is helpful to do regular aerobic exercise starting a few weeks before surgery to optimize your endurance and prepare your body for the healing process. Stay well hydrated before and after surgery.

EATING AND FASTING:

Do not eat or drink **anything**, including water the night before surgery, after dinner or the morning of surgery. If you do, we will have to cancel your surgery. Alcohol can cause bleeding during surgery. Do not drink alcohol for one week before surgery. There are no restrictions on Caffeine.

MEDICATIONS: (please read the separate medication regimen sheet that will be given to you)

If you take any prescription medications in the morning, take them with a single small sip of water at your usual time. **YOU MUST TAKE YOUR BLOOD PRESSURE MEDICATIONS.**

Do not take any Aspirin, Motrin, Advil, Aleve, Excedrin, Coumadin, Plavix, Celebrex or any commercial compounds containing these medications for at least 2 weeks before surgery. These medications can cause excessive bleeding during or after surgery. For a headache or pain take Tylenol as it is safe. If you are unsure, please call the office.

If you take any herbs or herbal medicine, multivitamins, or Vitamin E capsules by mouth, please stop these for 2 weeks before surgery. Certain over the counter herbal medications can cause increased bleeding and can interfere with anesthesia.

Vitamin-C helps promote healing. Please start taking 2000mg of Vitamin-C every day for 2 weeks before and 2 weeks after surgery. If you are a smoker, then take 4000mg.

Start taking Arnica pills, 5 pills under the tongue 3 times a day starting 2 weeks before surgery and continue for up to 2 weeks after surgery.

You will also be given a prescription for pain medication. Get it filled before surgery. For mild discomfort Extra Strength Tylenol should suffice. Do not take both together.

SMOKING:

Smoking can lead to poor healing. Nicotine causes constriction of the blood vessels and decreases the blood supply to the wound. You must stop smoking for at least one month before and one month after surgery. Keep in mind that the detrimental effects of chronic smoking may still cause poor healing.

SLEEP:

Go to bed at your usual time and do not plan on any social events the night before surgery. You will request Xanax (Alprazolam) which is an anti anxiety pill. This will help you fall asleep.

DENTAL WORK:

If you have had any recent dental work or have a dental infection, please let us know as surgery during a dental infection can have serious consequences.

If you have any loose teeth, please mention it to us on the morning of surgery.

CLOTHING, HAIR CARE AND MAKE UP:

Wear comfortable clothes on the day of surgery. Try not to wear any pullovers, instead wear front or back open shirts and jackets. You can wear undergarments. Try not to wear your most expensive ones as they can get soiled at times. Bring a large scarf that is large enough to cover the face and a pair of dark sunglasses.

Do not wear any make-up.

Do not color your hair for two weeks before surgery. Wash your hair well the night before surgery and do not apply any hairspray. Use Hibiclens wash (it is over the counter) to wash your hair but do not let it get into your eyes. Keep your hair loosely pulled back in an elastic band.

Do not wear contact lenses the morning of your surgery.

Do not bring any valuables to the hospital.

If you take any inhalers for asthma, COPD, or emphysema, please bring those with you on the day of surgery.

GENERAL QUESTIONS AND COMMENTS:

You will need an adult to take you to the hospital and take you back. You will also need his / her help for the first night. If you cannot make such arrangements, please notify us and we will help you. Take notes of all important things. Write down the questions you want to ask your doctor. Review the answers when you get home. Look up our website to see if any of the questions can be answered there. Always feel free to call the office.

Please note that two sides of the human face are not the same. The differences between the two sides of the face can never be corrected by surgery. Similarly, two sides of the face heal differently.

The decision to undergo facial plastic surgery is a very personal decision. Unfortunately, many friends and relatives can negatively influence your decision or attitude towards this surgery. Any negative comments during the healing process and afterwards can affect your mood and recovery. Sometimes you might even hear horrifying stories. Please ask me directly if you have any questions or concerns.

AFTER SURGERY**EATING:**

Start with water, followed by juices. If you can tolerate it then take some soft foods like soup, bananas, potatoes.

Do not eat too much even if you feel hungry. Do not drink any alcohol for one week. You can resume your caffeine but limit the intake to one cup a day.

DRAINS:

You will have one or two tubes coming out of the neck area with bulbs attached to them. These are called drains. The bulbs are to be kept squeezed to maintain a vacuum which sucks out any blood under the skin. These drains will be removed in the office the day after surgery. It is a quick procedure with tolerable pain. Take your prescription pain medication before coming to the office. You will need someone to drive you.

WOUND CARE, SHOWERING AND HEAD WRAP:

You will be seen in my office the day after the surgery. Till that time do not change the dressing. We will take down the dressing and remove the drains. A new dressing will be applied. You should leave that dressing till the next day. The next day you can take off this dressing and take a shower. You can shampoo and condition your

hair as well. A small amount of blood oozing from the drain sites is normal. Now you can put on the head wrap given to you. You must wear that every night for one month. Starting the next day start cleaning the wounds with Q-tips and hydrogen peroxide three times a day and apply Bacitracin antibiotic ointment. DO NOT USE NEOSPORIN. If you are allergic to Bacitracin, then use Vaseline.

ENERGY LEVEL:

Most patients have good energy levels starting a few days after surgery. However, some patients might feel tired during the first few weeks after surgery. It is an individual variation. If it persists longer than two weeks, then you must bring it to your doctor's attention.

TIN (TIGHTNESS, ITCHING, NUMBNESS):

After a facelift the cheeks, earlobes, neck, and certain areas of the scalp will be numb. When you touch them, it might feel like touching someone else's skin. It is a temporary phenomenon, and the sensation recovers over a period of six weeks to six months. During the healing phases in the first few weeks, you will notice some itching at times. Later it will be tingling with pins and needles sensation. In the final phase of recover there can be occasional shooting pain like sensation in the previously numb areas.

Tightness especially in the neck is from tight sutures used to define the neck angle. The sensation gradually gets better over a period of 3 months.

Firmness (hard wood like skin) or lumps under the skin are from scar tissue formation. It is a normal process after any surgery. The scar tissue starts softening over a period of three to six months. Massaging the area with cocoa butter or vitamin E starting two weeks after surgery can expedite the softening.

EMOTIONAL RECOVERY:

It is not uncommon to feel worse emotionally and even feel depressed in the first 2-3 weeks after your facelift because of swelling and bruising. That is temporary and will get better. Think positively and reach out to us. You will start feeling better soon.

CONSTIPATION:

If you get constipated after surgery, do not strain. You can use over-the-counter laxatives and fiber to help you go easy. In the worst case you can even use over the counter suppository or enemas.

NAUSEA:

Nausea and vomiting can happen after any surgery. Nausea can be due to anesthesia or from prescription pain medications. If it happens, do not eat or drink until the nausea abates. If it does not improve call my office.

PAIN:

Usually, facial plastic procedures do not cause a lot of pain. Extra strength Tylenol should be taken first. If the pain does not get better, then take the prescription pain medicine. If the pain persists it could be an indication of bleeding, swelling, infection or some other problem and you should call.

FEVER:

A low-grade fever of up to 100 is not uncommon. Tylenol should bring it down to normal. A fever of more than 101 is of concern and you should call.

BLEEDING:

Some oozing from the incisions is normal but continuous bleeding is of concern and you should call immediately. Sometimes bleeding might not be obvious and can accumulate under the skin presenting as a painful swelling. This accumulation is called a hematoma. It must be drained expeditiously, so call the office.

MEDICATION:

After surgery continue your regular medicine and any antibiotics or other medications prescribed by my office. Continue Vitamin-C 2000mg for two weeks after surgery. Do not resume Vitamin-E, Aspirin, or any herbal medicine for two weeks.

ICE PACKS:

Applying ice packs to the wound helps reduce swelling. Typically, swelling increases the first two days after surgery. On the third day it starts resolving. Mix some rubbing alcohol mixed with water in a Ziplock bag. Keep it in the freezer. Apply that to the wound. You can also use frozen peas in a Ziplock bag.

DRIVING:

You can start driving one week after surgery. If you still have significant pain or if you are taking a narcotic pain medication, then you should not drive. While riding in a vehicle, try to sit in the rear seat. During the first month after surgery, air bags in the front seat can cause serious damage to the operated face.

EXERCISE:

Exercise can increase the chances of bleeding after surgery or swelling in the operated area. Do not exercise for two weeks after surgery. Two weeks after surgery start light exercise such as walking. No contact sport or weight training for one month. Do not bend over as it increases blood flow to your face increasing the chances of bleeding.

SEXUAL ACTIVITY:

Sexual activity can be resumed two weeks after surgery.

BATHING AND SHOWER:

Keep the wound dry for two days. You can take a bath in a tub but no showers. After two days you can take a gentle shower but do not scrub the wound or incisions. Blood stuck in hair can be removed using hydrogen peroxide.

CLOTHING, HAIR CARE AND MAKE UP:

Wear clothing that fastens in front or back for 1 week. Avoid slipover sweaters, T-shirts and turtlenecks or at least take them off carefully. Do not get your hair colored for 2 weeks after surgery. Be careful using a curling iron as certain areas of your scalp will be numb, and you can get a burn. You can start wearing make up one week after surgery.

HEALING TIME:

Wound healing is a prolonged phenomenon and continues for at least one year after surgery. Every individual heals differently. On average you can be presentable in two weeks after a facelift, in one week after eyelid surgery and in ten days after a rhinoplasty. Smokers might take longer to heal.

TIME OFF FROM WORK:

Return to work or school two weeks after surgery, if you feel well.

FOLLOW UP AFTER SURGERY:

In most cases you will be seen in my office the day following your surgery. The next visit will be one week after surgery.

Please understand that facelift will not eliminate the need for fillers, Botox, chemical peels, lasers, and skin care to maximize facial aesthetic appearance.

WHO SHOULD I CALL:

Any questions or concerns please call or text Dr. Janjua on his cell # (908) 268-9350, or office cell # (908) 800-4993 or our office land line at (908) 470-2600

YOUR NOTES & QUESTIONS: