

FACE/NECK LIFT

DR. GERUT'S POST OPERATIVE INSTRUCTIONS

Do not do anything that raises your blood pressure! No lifting, bending over, straining, sex, etc. for five days after surgery. Keep your head elevated above the level of your chest as much as possible to minimize swelling. No smoking! Smoking can cause terrible damage to your healing and can cause your skin to die. Even second hand smoke is damaging.

DO NOT REMOVE, PULL OR CUT ANY VISIBLE STITCHES unless directed by Dr. Gerut or staff.

If constipation or cough develops, ("pushing" and coughing cause more blood flow to the face and thus increase swelling) please use appropriate medications or call Dr. Gerut. It is best to take over the counter laxatives starting right before the surgery to avoid becoming constipated as this happens to most patients.

Please take the medications indicated with a check mark. Only the medication checked off will be given to you. **If you are allergic to any of these medications, please let us know!** Please eat a bit of food before taking the pills to avoid nausea. Your prescription bottles will be labeled **only** with the medical names for your pills and for your reference, these names are in parentheses below.

Antibiotic:

- Keflex** (Cephalexin) - 500mg (1 pill) 2 times a day or if allergic to Penicillin,
- Vibramycin** (Doxycycline) - 100mg 2 times a day

Severe pain:

- Percocet** (Oxycodone) - 1-2 pills every three to four hours as needed.

Moderate pain:

- Norco** (hydrocodone bitartrate and acetaminophen) - 1-2 pills every 3 to 4 hours as needed.

Nausea:

- Compazine** (Prochlorperazine) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Anti-swelling:

- Medrol Dose Pack** (methylprednisolone) -take pills as directed on package-begin the morning after surgery

Constipation:

- Ex-Lax** (or any other mild laxative as needed).

Multi-Vitamin:

- 1 daily

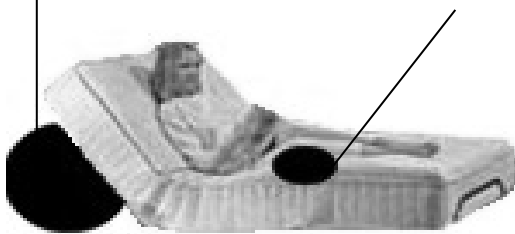
Acidophilus Diflucan or Monistat 7 to avoid or treat yeast infection from antibiotics.

You may gently wash your face with warm water. **GENTLY PAT YOUR SKIN DRY! DO NOT RUB!**

Do not pull or rub on facial or neck skin at all **for 10 days after surgery**. You may wash normally after one week. Expect a small amount of bleeding or drainage from suture lines for a few days after surgery. You may clean dried blood using soap and water or use hydrogen peroxide. For men: do not shave until 4 or 5 days after surgery. When shaving, slide the razor **gently** toward the stitches, never away from the stitches; and **DO NOT** shave over the stitches.

Gently apply Bacitracin or Neosporin ointment to all visible stitches as well as into and behind your ears **for only the first two days after surgery**. Use a Q-tip to apply it very gently. **Do not** put ointment into hair.

For the first several days after surgery, you should sleep with your upper body As elevated as possible. A “Craft-matic” type bed or reclining chair are best. If these are unavailable, put a **big couch cushion** under the top part of your mattress. This will keep your head elevated adequately. Also place a **pillow under your knees** to keep from slipping downward.



NO PILLOWS ALLOWED UNDER YOUR HEAD FOR THE FIRST TWO DAYS AFTER SURGERY because the skin on the front of your neck should be kept smooth. If your chin is near your chest, your neck skin is folded and will not heal well. After a week you may sleep flat but not on your stomach. After ten days sleep any way you wish.

Hair may be gently washed using any gentle shampoo. **BLOW DRYER MAY BE USED BUT NEVER ON HOT SETTING** until all your staples are out (2 weeks). You may brush your hair but only with a soft brush. Brush toward your stitches, not away from them. You may resume normal daily hair care after a few days. Salon treatments such as hair coloring must wait 4 to 6 weeks (you should color your hair right before surgery).

No turtlenecks or other garments that may pull skin on stitches for two weeks.

Soft solid diet high in protein. Avoid straws and excessive chewing (no gum) or talking during the first three days as mouth motion should be limited to allow proper healing.

Teeth must be brushed gently for 3 days after surgery then resume normal brushing. No flossing for 3 days. Vigorous brushing or flossing moves the face too much.

Do not apply any treatment or cream to the surgical area unless approved by Dr. Gerut. NO heating pads, ice packs, healing salves, etc.)

You can put make-up on the day after surgery, but **DO NOT** rub your skin for five days. Put it on and take it off **VERY** gently. Glasses or sunglasses may be worn. Do not expose the scars (Use sun block) to prolonged direct sun or tanning lamps.

No aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by DR. Gerut. Regarding Advil or Motrin, check with Dr. Gerut or his office staff.

Beginning a few hours, days or weeks after surgery you should expect to feel a bit tired and even depressed. This is perfectly normal and should subside in a short time.

Your face and/or neck should feel **tight and numb** for quite some time after surgery. Different patients tolerate this differently. For feelings of tightness, tingling, itching, etc. Take Tylenol or Motrin as needed. If you need stronger medication, take Vicodin.

As your swelling goes down, small lumps may become apparent under the skin in various places. Most will be detectable only by touch, some will be visible. These lumps will usually disappear slowly over weeks to months. Some may need treatment such as cortisone injection, massage and perhaps ultrasound.

If you had your eyes and / or forehead done please refer to the separate eyelid or forehead instructions

Please be aware that facelift surgery does turn back the clock **but it does not stop the aging process**. After your surgery there will be normal aging changes that would occur whether the surgery was done or not. When your swelling goes down you may see lines or wrinkles appear. This does not mean your surgery did not work. It is totally normal and natural for a person over age 40 to have lines

Most patients are presentable and able to go back to their normal work and social lives within one week after the surgery. Hopefully your return to normal life is relatively quick but we **cannot** promise a specific recovery time for any one individual.

Among other things, significant weight gain or weight loss (change of 10% or more in body weight) can affect your surgical result, for this reason, you must agree to make all efforts to keep your weight stable after your procedure. If your weight changes significantly (change of 10% or more in body weight) after your procedure, you will not be entitled to any free “touch-up” procedures to the same area and you will be charged a surgical fee and an operating room fee and an anesthesia fee. If for other reasons, revisional surgery is required, there may be a surgical fee but even if there is no surgical fee, **THERE WILL BE A STANDARD FEE FOR THE OPERATING ROOM AND THE ANESTHESIA.**

No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for **ONE WEEK AFTER SURGERY**. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have been advised before my surgery of the following possible issues and complications (there are others that are not listed here):

Pain	Numbness	Disability	Infection	Skin necrosis
Feeling tightness	Lumpiness	Swelling	Scarring	Hematoma
Seroma	Pixie ear	Change in shape of ear		Motor nerve damage
Facial asymmetry	Ear numbness	Change in facial expression		Increased facial hair
Need for revision surgery		Changes in facial shape		Skin discoloration
Prolonged healing time		Reaction to Stitches	New dimples or other marks	
New wrinkles and/or lines	Neck or back problems from positioning		Excessive bruising	
	X _____			

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy. X _____

Any new pain, lumps, acute discomfort, severe swelling should be reported to Dr. Gerut immediately. For **emergencies only, call 516-295-2100, ANYTIME DAY OR NIGHT. After the office is closed, please call Dr. Gerut's service at (516) 620-3619.**

I have read the above instructions (4 pages) and possible problems fully, my questions have been answered, and I understand them fully:

Patient signature

Date

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revised 3/16