

after facelift/necklift/neck liposuction instructions



Before your surgery:

Please follow all the preoperative instructions outlined in the General Preoperative Instruction Sheet carefully. Avoid any aspirin-containing or aspirin-related products as well as herbal medications and nutritional supplements as outlined in the General Preoperative Instruction Sheet.

After your surgery:

1. Please follow the Postoperative Instruction Sheet carefully.
2. You will have a larger dressing and tiny drains behind your ear that will be removed the day following the procedure. There will be no discomfort when the drains are removed. (If only a necklift/neck liposuction was performed, you will not have any drains removed.) After the larger dressing is removed, please wear the elastic neck bandage that will be supplied the day after the procedure to you for 24 hours a day for 7 days. You can obviously remove the light elastic neck bandage when you shower or leave your home for a social/professional engagement. Dr. Lam recommends wearing your neck bandage whenever you are not in a social/professional engagement the second week but it is not critical to do so the second week. For 4 weeks following the procedure, Dr. Lam recommends wearing the elastic bandage at night only. The elastic bandage will help you minimize swelling and help you heal better. *It is important that you do not put the elastic bandage on too tightly, just wrap it around your chin so that it conforms well but is not tightly applied.*
3. If you have significant discomfort the night of the procedure, especially on one side of the face, or see that one side of the face is significantly more swollen, please contact Dr. Lam immediately. This may indicate that you have a blood clot (hematoma) that needs to be removed that night.
4. Please ice your neck and lower face with the ice packs that Dr. Lam supplies you as often as possible. Usually twenty minutes on and twenty minutes off until you go to sleep will help lessen your swelling.
5. It will feel somewhat tight to chew food the first night of the procedure and sometimes for a few days. It is recommended to take only soft foods like ice cream, yogurt, and fluids until you feel this sensation go away. If Dr. Lam only performed the necklift or neck liposuction, you will not feel this sense of tightness when you chew.
6. It is important that you minimize excessive neck turning during your first week to permit the neck tissues to heal optimally. Therefore, driving can be dangerous because it may be hard for you to turn to see your blind spot.
7. For men, you cannot shave for two weeks. After two weeks, you must use an electric razor for an additional two weeks still taking care around the incision lines. Also, you will have some decreased

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sensation around your ears for several weeks to months if you had a facelift performed so please be careful not to cut yourself while shaving.

8. You may see some bunching or lumpiness around the sides of your ear and may even be looking slightly pulled. All of this will disappear by the end of your second week if it should occur. This would only occur if you had a facelift.

9. The result in the neck and the lower face will look tight and raised the first week following the procedure. It will loosen a bit over the next few weeks to months. This is to be expected and is normal. Do not think that you are losing your result.

10. As mentioned in the General Postoperative Instruction Sheet, it is *dangerous* if you smoke before or after your procedure since the skin portion of your facelift needs blood supply to heal well. Second, you will have a decrease in sensation around your ears for a few weeks to months. It is important that you do not apply anything hot like warm compresses or a curling iron near this area because you can easily burn yourself since you do not feel it. Also, you can damage the skin portion of your facelift that needs blood supply to heal. This is particularly critical the first few weeks following the procedure. **DO NOT APPLY ANYTHING HOT TO YOUR FACE UNTIL DR. LAM SAYS IT IS OKAY.**

11. If you experience any bruising, Dr. Lam can virtually eliminate if not markedly reduce the bruising one week after the procedure with his laser. Generally, most of the bruising will be improved if not gone 48 hours after laser treatment. There is no additional charge for this service.

12. If you had a facelift, the sutures in front of your ears will be removed one week after your procedure. The sutures behind your ears will dissolve by themselves. However, Dr. Lam likes to trim any remaining sutures 2 weeks after the procedure that bother you. Any and all neck sutures are removed 10 days following your procedure. Sometimes deeper clear sutures that are used to hold the deeper portion of the skin together may poke through the skin. Please leave them alone and come into Dr. Lam's office to have them trimmed back. All these clear sutures will dissolve by themselves after a few weeks to months.

13. It is important for you to keep all your incisions cleaned and lubricated with ointment as described in detail in the General Postoperative Instruction Sheet for the first 7 days following the procedure. After the first 7 days, you are to stop all cleaning and lubrication.

14. If any incisions become thicker or enlarged after several weeks to months, you must contact Dr. Lam so that he can treat you. That is why Dr. Lam has regularly schedule postoperative visits (at no charge) to make sure that you are doing well. Although this is very rare to have a thickened scar, Dr. Lam can help to make this condition better, especially if you seek care early.

15. **DON'T TAKE ANY CHANCES!** If you are concerned about anything you consider significant, please do not hesitate to contact us.