



PRE AND POST FACE/NECK/BROW SURGERY GUIDE

PRE-SURGERY**POST-SURGERY**

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Pre-Surgery Guidelines



2 weeks before surgery:

- Inform our staff of any medications or vitamins you are taking at least 2 weeks before your scheduled surgery date.
- Cease supplements 2 weeks prior to your surgery and refrain from using them until 2 weeks after surgery unless instructed otherwise by your GP, specialist, or surgeon.



Inform your Surgeon if you are on any of the following:

- Multivitamins
- Vitamin E
- Supplements containing garlic, ginger, ginkgo biloba, evening primrose oil, fish oil, or omega-3 (e.g., krill oil)
- Nurofen or Nurofen Plus
- Aspirin, Plavix, Disprin, Apixiban, Riveroxiban, Aspro Clear, Ibuprofen or any other blood-thinning or anti-inflammatory medications (blood thinners and can cause bleeding)
- Ozempic or equivalent weight loss medication should be stopped 3 weeks prior to surgery and only clear fluids diet the day prior to surgery.



Important Notice:

If you are on a blood-thinning medication, consult your GP and notify your surgeon's clinic before discontinuing its use. Taking any of the medications or vitamins listed above may increase your risk of bleeding and could necessitate the cancellation of your surgery.



Smoking Cessation:

You must stop smoking and/or vaping at least 8 weeks prior and after surgery, or your procedure will be deferred, and fees may apply. Smoking cessation would be confirmed with a blood test prior to your procedure. For optimal healing, avoid smoking for as long as possible after surgery.



If you have any questions or concerns regarding this information, please contact our office.

Morning Of Surgery



Showering:

On the morning of your surgery, please take a thorough hot shower and wash your hair. You will not be able to shower again until 24 hours after your surgery.



Cosmetics:

No cosmetic products, makeup or jewellery should be worn on the day of your surgery. Many patients wear skin products on the day of surgery and we have to wipe them off for our markings to stick.



Clothing:

Wear comfortable, loose-fitting clothing, such as a button-down shirt and slip-on flat shoes. Please avoid wearing lace or tight-fitting underwear. Do not wear perfume, contact lenses, or any jewellery on the day of surgery. Be sure to bring your glasses and their case.



Transportation:

You must arrange for a family member or friend to drive you to and from the hospital, as the hospital will not allow you to leave on your own. This includes leaving by taxi, Uber, train, or bus. Additionally, someone must stay with you for the first 72 hours following surgery in case of any adverse reactions to the anaesthesia.



Fasting:

You will receive your admission time from the hospital the day prior to your surgery.

You need to fast (No food or drinks) for at least 6 hours prior to your admission time.

They can have water only up until 2 hours prior to their admission time.

For most patients it means you should be fasting from midnight the night prior to surgery.



Important Information for Day Surgery Patients:

If you are being admitted as a day case (no overnight stay required), keep the following in mind:

- The major effects of anaesthesia wear off quickly, but minor effects on memory, balance, and muscle function may persist for several hours. These effects vary by individual.
- You are not permitted to drive while taking pain medication.
- You must have access to a mobile phone.
- Avoid operating machinery or making important decisions for at least 72 hours after anaesthesia.



Arrival:

Plan to arrive at the hospital 10 minutes early on the day of your surgery.

Post-Surgery Medications & Pain Management



We hope your recovery is going well. This plan is designed to help manage postoperative pain while minimizing medication side effects. Some pain is expected after surgery, but staying active can speed up recovery.

Your anaesthetist may prescribe medications to help you feel more comfortable. Pain is usually most intense in the first 24-48 hours and will gradually improve as you heal. Staying active can also help ease discomfort and aid recovery.



Please adhere to this plan closely for the best results. If you have allergies to any of the listed medications, do not take them without consulting your doctor.

Paracetamol (Panadol)	Oxycodone (Endone)	Diazepam (Valium)	Ondansetron (Anti nausea)	Keflex (Antibiotics)	Prednisone (Steroid)
500mg	5mg	5mg	50mg	500mg	25mg
Take 2 tablets every 6 hours for 8 days. (No prescription required)	Take 1 tablet every 4 hours with food as needed for pain.	Take 2 tablets daily for the first 3 days for initial discomfort	Take 1 tablet to dissolve under tongue as needed for nausea.	Take 1 tablet 3x a day for 7 days.	Day of surgery: 1 tablet (25mg) at 9pm. Days 1-7: 1 tablet (25mg) in the AM and PM. Days 8-11: 1 tablet (25mg) in the AM. Days 12-15: ½ tablet (12.5mg) in the AM. Days 16-19: ¼ tablet (7.5mg) in the AM.



Note:

- Some patients may be prescribed a medication called Tranexamic acid to reduce bleeding/oozing after surgery – this should be taken 3x daily for 3 days.
- Due to strict prescription regulations, we cannot provide more medication than what is prescribed. If you need additional prescriptions, please follow up with your GP, as they will need to review your condition. It may be wise to schedule a GP appointment before your medication runs out.



Emergency Contact:

In case of a life threatening emergency, please contact 000. Please also email or call the rooms to inform us of your progress.

FACE RECOVERY KIT

Items	Instructions
SkinRevive+ Cream (for Face/Neck Lift Patients Only)	Apply 3x daily, starting immediately after surgery, in front and behind the ears.
SkinSoothe+ Cream	Apply 3x daily under the eyes, on the cheeks, and neck, beginning immediately after surgery. Keep refrigerated.
Reusable Silicone Eye Pads (for Face/Neck Lift and Eyelid Surgery Patients Only)	Use with SkinSoothe+ Cream under the eyes, 3 x daily.
Arnica Montana Tablets (3c, 200 tabs)	Dissolve 2 tablets under the tongue every 4 hours.
Bromelain Tablets (500mg, 60 tabs)	Take 1 capsule with each meal
Cooling Gel Eye Mask	Place in the freezer. Before applying to the face, let it thaw for 20 minutes or until the gel has softened. Use for 20 minutes, 3-4 times daily.
Hydrogen Peroxide (100ml)	Dilute 50:50 with water. Use a cotton bud dipped in the solution to clean incisions of blood and crust 2x daily until wounds are clean.
Jade Roller/Gua Sha Stone	Gently roll across the face/neck for 5 minutes, 3 x daily during the first 3 weeks. After 3 weeks, apply firmer pressure to help mobilize swelling.
StrataMed Advanced Wound Dressing (10g)	Apply to incisions 3 x daily after cleaning with diluted hydrogen peroxide.
Bromelain Tablets (500mg, 60 tabs)	Take 1 capsule with each meal

Post-Surgery Care Instructions:



Sleeping:

- Sleep with your head elevated at a 30-degree angle, especially during the first week. Use a pillow under your knees to reduce lower back pressure. Avoid excessive head turning to prevent strain on the healing suture lines.



Activity:

- Immediately post-op: Rest, but you can begin walking 2 days post op
- 10 days post-op: You may fly
- 2 weeks post-op: Light aerobic exercise can resume, but no heavy lifting, stooping, or bending.
- 3 weeks post-op: Return to work if cleared by surgeon
- 4 - 6 weeks post-op: You can resume full aerobic workouts, with all vigorous and intense physical activities resuming at 6 weeks.
- 6 weeks post-op: Vigorous exercise and intense physical activity can resume.
- Avoid contact sports and sunbathing for 4-6 months



Bathing:

- Bathing section: You can shower and wash your hair with baby shampoo starting the day after surgery. Take care not to let the shower stream hit the suture lines directly. Do not use any other hair care products until 3 weeks post-op, and avoid colouring or perming for 4 weeks.



Wound care:

- After showering, clean incisions with half-strength hydrogen peroxide and cotton buds twice daily, then apply Stratamed gel to keep them moist at least 3 times a day. This helps remove dried blood and crust, promoting healing and reducing scarring. Call our office if you notice signs of infection (fever, foul-smelling drainage, severe redness, swelling, or worsening pain) or if any sutures appear to have ruptured. Once healed, protect scars from direct sunlight with SPF 30 zinc or mineral-based sunscreen.

Post Op Garments:

- To ensure proper healing, **do not** use a compression garment during the first 10 days.
- At your 5-day post-operative appointment, we will provide a Velcro compression garment that goes under the chin and across the top of the head, **to be worn starting on day 7.**
- Wear it for a maximum of 2 hours, then remove it for 1 hour before reapplying. This will help reduce swelling and soften the area under the chin more quickly.

Post-Surgery Care Instructions Continued:



Sutures:

- You may have dissolvable sutures, removable sutures, and staples, which will be removed in stages. Once all sutures and staples from the scalp are removed, you can clean your hair more vigorously to remove any remaining antibiotic ointment.



Swelling Relief:

- Swelling is common after facial surgery, but its severity varies among individuals. To help reduce swelling, use the supplied cooling gel eye mask.
- First, freeze the mask, then let it thaw for 20 minutes until soft. Secure it to your head with the Velcro strap. You can use either side based on your comfort, but remove it if you experience any pain to avoid skin damage. Apply the mask for 20 minutes, 3-4 times daily.
- Avoid applying cool compresses to the cheeks or face, as this can affect the lifted skin. Use the compresses as much as possible during the first 48 to 72 hours.

Bleeding:



- Bright red bleeding may occur for 24-36 hours after surgery. If you notice an area in the neck that feels full and tense, it could indicate a hematoma. Please contact the office if one side of your face becomes more painful, tense, or swollen than the other.

Driving:



- You may drive when it does not cause pain, and you can do so defensively (usually after 1 week). Avoid driving if you are still taking strong painkillers or sedatives.

Diet:



Start with clear liquids (like broth) and gradually return to a normal diet as tolerated.

Stay hydrated with water, and limit soft drinks and sports drinks to avoid excess sodium, which can cause swelling.

Other Recommendations:



- Avoid alcohol and smoking to promote optimal healing.
- Avoid wearing earrings for 2 weeks
- A light application of a mineral based face powder can be worn after 2 weeks.

Post-Surgery Care Instructions Continued:

Drain Care:

- After surgery, you may have two small plastic tubes under your neck dressing, each with a bulb attached. These drains help prevent blood buildup under the skin.
- Typically, the drains are removed the day after surgery, but sometimes they may stay in place for a bit longer.
- You'll need to record the output from each drain separately over a 24-hour period and report the results to the nursing staff daily. Once the output is low enough, the drains will be removed.



Postoperative Appointments:

- Your follow-up schedule will depend on the procedures performed. The nursing team will check on you several times in the first two weeks. We'll call you the morning after your surgery to book your next appointment.



Problems to Report:

- Increasing redness
- Worsening pain
- Fever
- Discharge of pus from the wound
- Increasing swelling
- Prolonged or excessive bleeding
- Persistent nausea or vomiting
- Chest pain and/or shortness of breath
- Painful, severe swelling and hardness (often with bruising), usually on one side, causing asymmetry—this may indicate a haematoma
- Pain in your calves (could indicate a blood clot)

Post-Surgery Mobility Exercises

It's important to gently stretch your chest and abdominal muscles after surgery, especially if you've been less mobile in the first few days. To do this safely and effectively, we recommend the following exercises:



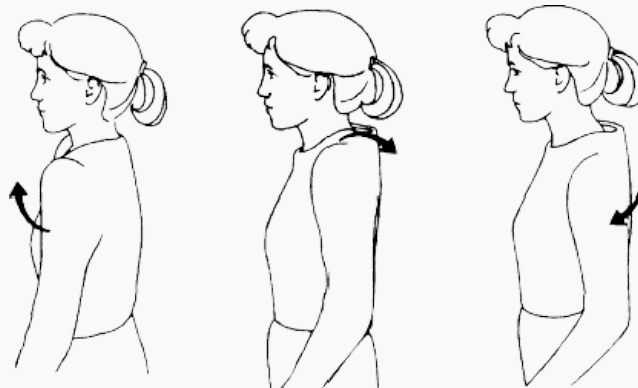
Deep Breaths - *This helps stretch your chest muscles by expanding your ribs and ensures your lungs fully expand after anaesthesia.*

- Take a deep breath, hold for 2-3 seconds.



Shoulder Shrugs and Circles - *These help stretch your chest and shoulders while relieving tension in your neck and shoulders.*

- Bring your shoulders forward, up, back, and down in a large circle. Start with smaller circles if you feel stiff, gradually increasing the size as you loosen up. Repeat 5 to 10 times.



These exercises can be repeated several times a day, starting on day 1 post-surgery, and will help you feel more mobile and speed up recovery by stretching your pec muscles.

What's Normal To Expect

1. **Nausea** - Nausea from anesthesia or swallowing a small amount of blood is common and typically resolves within 24 hours. A prescription for Zofran, an anti-nausea medication, has been provided. If you experience nausea, please fill the prescription and take it as directed.
2. **Swelling** - Significant swelling is to be expected for the first 1-3 weeks post op week then will begin to subside over the following weeks.
3. **Bruising** - Bruising results from blood accumulation in tissues after surgery and typically resolves within 2 to 3 weeks. Makeup can hide bruises after one week. It's common to have noticeable bruising in the neck and upper chest, which will gradually fade in the coming weeks.
4. **Numbness** - After a brow lift, it's normal for the scalp to remain numb for 1-2 months. You may experience tightness in the lower face and neck, along with numbness. As the numbness decreases, tingling and sharp sensations may occur but will eventually fade.
5. **Pain/Discomfort** - Most patients experience only moderate pain after facial aesthetic procedures, which is typically manageable with prescribed pain relief. If you've undergone CO2 laser resurfacing, you might feel a burning sensation with moisturizers or creams; please refer to the separate sheet for post-treatment skin care options.
6. **Results & Appearance** - Incision lines typically take 2-4 months to heal. Healing times vary for each individual, and it may take several months to see your final results. Most people feel comfortable without makeup about six weeks post-surgery. However, casual acquaintances may notice your fresher look as early as 3-4 weeks. Be patient - your results will come!



Scar Management: Understanding and Caring for Your Scars

A scar is a natural part of the healing process that forms within 2 to 3 days after an injury. Scar tissue fills the wound and can develop over several weeks to months. Initially, scars are red and 'immature'. Over 3 months to 2 years, they typically become paler, flatter, and softer. Regular massage and moisturising help this process.

Monitor your scars closely and contact your doctor if any issues arise.

Identifying Problematic Scars: Signs of problematic scars include:

- Persistent redness or purple coloration
- Raised, hard texture
- Itchiness
- Restricted movement

These could be hypertrophic or keloid scars. Higher-risk individuals include those with certain skin types or a history of problematic scarring.

What to Do if Your Scar Becomes a Problem: Contact your doctor if you notice any issues with your scar. Treatments such as taping, silicone gel, pressure therapy, or splinting may be recommended. Early intervention is crucial.

Massage & Moisturizing

- **When to Start:** Begin massaging your scar 3-4 weeks post-op, once the wound has healed. Continue until the scar matures, typically 12-18 months.
- **How to Massage:** Use a gentle, circular motion with firm pressure. Massage 2-3 times a day for 5-10 minutes each time.
- **Do Not Massage:** Avoid massaging open wounds or if the scar becomes sore, blisters, reopens, or a rash develops.

Silicone Gel and Sheets

- **Silicone Gel:** Apply silicone gel (e.g., Strataderm) to the scar every 12 hours.
- **Silicone Gel Sheets:** Cut to fit, apply to a clean, dry scar, and hold in place with tape or a splint. Wash the sheet daily and store it properly. Avoid use on open wounds or if a rash develops.

Adhesive Tape

- **Purpose:** Gentle pressure from adhesive tape helps prevent thick, raised scars.
- **Usage:** Apply to clean, dry skin and follow your doctor's instructions on changing frequency. Use vegetable oil to ease removal if needed.

Sunscreen Protection Scars take at least a year to fade. Protect them from sunlight using SPF 30+ sunscreen, even through a bathing suit. Be extra cautious if the skin has reduced sensitivity. For any concerns or questions, please contact your doctor.

Thank you for diligently following these post-operative guidelines. Your commitment to proper scar care and recovery will greatly contribute to achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

YOUR BEAUTY, OUR EXPERTISE.

