



Dr Honeybrook

FACIAL PLASTIC SURGERY

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INSTRUCTIONS FOR PATIENTS HAVING FACE/NECK/BROW SURGERY

The following information is only a pre-operative guide. Our clinic nurse will contact you to confirm instructions specific to your care.

Videos

Deep Plane Facelift: <https://www.youtube.com/watch?v=OclFo0Xbp50&t=6s>

Deep Neck Lift: <https://www.youtube.com/watch?v=X32VBLgEnHQ>

Browlift: <https://www.youtube.com/watch?v=u0WaMAKtkUE&t=3s>

Post Operative Information:

Drains after a Deep Plane Face/Neck Lift:

<https://www.youtube.com/watch?v=BMUxluEGIfw>

Food/Drink

No food or drink should be taken six hours prior to surgery. Regular medications should be taken in the morning with a sip of water. Any preoperative medications that you have been told to take prior to your surgery should be taken according to office instructions.

Refrain from eating salty foods a day or two before surgery and for a few days after surgery to help reduce post-surgical swelling. Always maintain a high-water intake to keep your body well hydrated.

Supplements

Aspirin, aspirin-containing medications, aspirin-like medications, and **ALL vitamins and herbs** (e.g. herbal supplements such as fish oil, cod liver oil, garlic tablets, turmeric, curcumin) **should not be taken for two weeks prior to surgery.** Some herbal substances may lead to more bleeding in the area of the surgery that may in turn increase postoperative swelling. You may resume these herbal medications 3 weeks after surgery. Prior to surgery you can take additional protein, vitamin C and Zinc to aid in healing however this can be stopped once you undergo surgery.

Dr Honeybrook does recommend you take arnica montana and bromelain tablets for bruising and swelling after your surgery to aid in healing and these supplements will be included in your post operative recovery kit. Please take these supplements as per the post operative instructions.

You will also be provided with two separate creams specifically formulated and compounded by Dr Honeybrook to improve your healing after surgery. These creams are to improve blood flow to the skin (SkinRevive+) and reduce swelling and bruising (SkinSoothe+) after your surgery. You will be directed on how to use these creams in the post operative instructions.

Smoking

Some chemicals in cigarette smoke interfere with skin circulation and can delay wound healing. This can result in wound breakdown and permanent scarring. Dr Honeybrook's smoking policy is for patients to **stop smoking 6 weeks pre and post surgery to allow for optimum healing.** Dr Honeybrook will not perform your surgery if you have not

stopped smoking. This includes cigarettes, marijuana, nicotine patches and gum. We also prefer that no recreational drug use occurs during this period of time as well.

Pain Relief

Pain relief medication will be prescribed to assist with discomfort, take as required. You may experience constipation. If necessary, use Coloxyl and Senna in combination with the pain medication to reduce constipation.

Prior to Surgery

On the evening prior to surgery or on the day of surgery, please shower and shampoo your hair. **No cosmetic products, makeup or jewellery should be worn on the day of your surgery.** Please remove all nail polish/varnish. If you have shellac nails you must remove at least one to allow your oxygen levels to be monitored during surgery. If you have a moustache or beard, you will need shave this as this can be a potential source of infection and can make the surgery more challenging particularly if you are undergoing a face or neck lift.

To facilitate ease of dressing with minimal discomfort and so as not to disturb your dressing or sutures following surgery, wear a loose fitting blouse or button-up shirt as opposed to a pull-over shirt for the first few days.

Post Surgery

A responsible adult must accompany you home. You should not drive for 24 hours nor consume alcoholic beverages for 1 week. You cannot drive if you are taking the stronger pain medication, oxycodone (endone). We strongly suggest that a responsible adult remain with you for the first 48 hours and that you take your medications as instructed.

Following surgery, keep your head elevated. This will help reduce postoperative bruising and swelling. If you have had a face/neck lift procedure, avoid over flexion of the neck (chin towards the chest) as this can form creases in the neck. Keep the head upright in a neutral position. You can do this by placing a large rolled blanket under the head of the mattress.

Refrain from bending forward or stooping or any other position that increases the blood supply to your face. Coughing or vigorous laughing also increases blood pressure in

the face, and should be avoided if at all possible. You should not turn your neck sharply upward, downward, or from side to side until the swelling has subsided, usually after 1-2 weeks. These movements may interfere with the surgery you have had on your neck.

Immediately after surgery, a bandage dressing will be placed around your head and neck. You will have 2 surgical drains, these are often removed Day 1 either at the hospital (if you stay overnight) or in the clinic by our nursing staff. Our team will call to make this appointment for drain removal if you do not stay overnight in the hospital.

You may shower and shampoo your hair on the day following surgery. When washing your hair, use the pads of your fingertips to gently wash the incision areas around your ears.

You will come into the office to have sutures removed 1 week after surgery. If you have had a forehead lift, you may have staples in place. These will also be removed one week following surgery.

A silicone scar gel, StrataMed should be applied to the suture lines after you have cleaned the suture lines with half strength hydrogen peroxide. Hydrogen peroxide can be obtained at any pharmacy and you will dilute this 50:50 with water. You will use a cotton bud to gently remove blood and crust from the incision lines

Do not bathe in a bathtub, spa, pool, sauna, river, lake, or ocean until all incisions are healed, approximately 4 weeks. No vigorous exercise for 4 weeks. Your initial recovery will take at least 3 weeks. Numbness and bruising is normal following surgery. Due to this numbness, please refrain from using heat packs on areas operated on as this could potentially burn your skin. Feeling should gradually return within a few weeks, and bruising usually resolves in 3-4 weeks.

PROBLEMS TO REPORT

- Signs of infection:
 - ⇒ Increasing redness
 - ⇒ Increasing pain
 - ⇒ Fever
 - ⇒ Discharge of pus from the wound
- Increasing swelling
- Prolonged or increasing volume of bleeding
- Nausea or vomiting that is not settling

- Chest pain and /or shortness of breath
- Pain in your calves

FOLLOW UP CARE

Your follow up visit is usually 1 to 2 weeks after surgery. If you do not already have a post-surgery follow up appointment, please call the office number listed above where you were originally seen. If you have any questions or concerns prior to your scheduled appointment, please call the office and speak with one of our nursing team during business hours (8:30AM – 4:30PM).

In case of a LIFE THREATENING emergency please call 000.

Any other information regarding this procedure or any other surgical procedure can be found at www.drhonebrook.com.au.