



Dr Honeybrook

FACIAL PLASTIC SURGERY

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INSTRUCTIONS FOR PATIENTS HAVING A NECK LIPOSUCTION PROCEDURE

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

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.

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.

Two weeks prior to and four weeks post-surgery you cannot have any dental work performed.

Post Operatively

The neck will be dressed in a circumferential wrap going around the head. This will be fairly tight to keep good pressure under the chin. This will be removed the next day after surgery.

The neck wrap will be removed on the first post-operative day and a compression garment will be applied. Compression of the neck (uplifting support) should ideally continue both day and night for 7 days then a further 2 weeks post op.

It is common for the swelling and bruising to increase in the neck region 2-3 days following surgery. It is strongly recommended that you use cold compresses (wash cloths soaked in ice water) during the first 24-48 hours to help keep the swelling to a minimum. Please do not apply ice directly to the area.

Watch for any abnormal swelling in the neck region that feels firm or fluid filled. If this happens, please contact us at the office as this may indicate a collection of fluid under the skin and may need to be drained by Dr Honeybrook.

Starting on post-operative day number one, shower at least once a day, shampooing your hair. Prior to showering, remove the compression garment that Dr Honeybrook placed. After showering, replace the compression garment

Keep your head elevated at all times for the first week of recovery. We recommend sleeping on 2-3 pillows at night.

Avoid excessive turning of your head from side to side for the first week. Turn with your whole upper body whenever possible.

The skin of the neck will feel numb for up to 4 to 6 weeks after surgery. Normal feeling will usually completely return.

Please do not exercise, strain or lift anything more than 5kgs during the first week of recovery.

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.