

Up-lift Information Sheet

What to expect your first few days after having a Up-Lift

The First Night:

- Your face will feel/look tight
- Your face may feel numb to varying degrees
- It may be difficult for you to open your mouth- we suggest soft foods and liquids, use straws
- Use a pediatric toothbrush for brushing teeth
- Your face may look asymmetrical- one side may be sluggish due to local anesthesia (will wear off in 4-6 hours)
- There may be fullness and/or discomfort in ears- feeling of fluid You may experience mild nausea
- Pain is very individualized- it is usually described as a mild pinching or tightness, but an occasional patient will describe it as severe pain.
- Take your Blood Pressure every hour until bedtime. If Blood Pressure is greater than 150mm/Hg systolic take 0.1mg Clonidine until blood pressure is less than 150mm/Hg. If the Clonidine fails to improve your blood pressure, please notify Dr Bowman.

The First Few Days:

- All of the above in smaller degrees
- Mild ear pain
- Swelling/bruising is very individualized- will vary greatly from patient to patient. Continued use of cold compresses at least 15 minutes every hour until your 7 day post-op visit, will reduce post op swelling and bruising.
- You may use cover up makeup to conceal bruising, along with scarves, turtlenecks, and positioning of hair. You may not use makeup on your incision line for 1 week or until all open areas are healed.
- Use of NTG paste may cause headaches. You may use Extra Strength Tylenol or prescribed pain medication for relief. The paste will appear slightly shiny on area applied. (this does not apply to all patients)
- Scar Recover Gel on incisions may make incisions appear shiny. Apply thin layer only to avoid caking in hairline.
- You may have difficulty holding the phone to your ear (mild ear discomfort) and you may not be able to use ear devices for 1-2 weeks.

Although some patients return to work the next day (after their post-op visit), it is not recommended. This procedure is much less invasive than a traditional facelift; however, we cannot be certain of your individual response to surgery (the degree of swelling, pain, or bruising you may experience). With this in mind, you should not schedule any firm commitments the first 3-7 days after your procedure.

UP-LIFT™ Postop Instructions

Instructions for the day of surgery:

1. Refrain from driving your car while taking your pain medication. If you had surgery in the office, you should not drive for the next eight hours. If you had the procedure at a surgery center, do not drive for 24 hours.
2. Sleep on your back at a 30-45 degree angle using 2-3 pillows. Do not sleep on your side for **2 weeks**.
3. Do NOT remove or reposition your bandage.
4. Ice your cheeks and any other surgery sites (cheeks, chin, neck, eyes, etc), as much as possible for the first 24 hours except for sleeping (10 minutes on, 10 minutes off). Use cold compresses or frozen peas. Wrap the frozen peas in a clean, damp paper towel so the ice pack does not touch the skin directly.
5. A light, soft diet is best to start after surgery (i.e.: soup with crackers, ginger ale, jello). Advance your diet slowly as tolerated, avoiding chewy or crunchy foods for 4 days.
6. **FOR EYE SURGERY PATIENTS:** Follow instructions given on the blepharoplasty instruction sheets.

Day 2-6

1. **Always** wash hands prior to applying any medications or touching the incision area. Clean all incisions four (4) times daily (every 6 hours) with peroxide using Q-tip or cotton ball.
2. Apply NTG paste 4 times per day every six (6) hours– apply small amount with Q-tip (NOT FINGERS) on the skin in front of the ear. (less is best)-NOT ON INCISION. (THIS DOES NOT APPLY TO ALL PATIENTS)
3. Apply Scar Recovery Gel (or Vaseline/antibiotic ointment) as instructed lightly on incision after cleaning. (less is best)
4. Ice your cheeks and any other surgery sites for 10 minutes every hour for the next week (if not sleeping). Use cold compresses or frozen peas. Wrap in a clean, damp paper towel so the ice pack does not touch the skin directly.
5. The chinstrap needs to be worn for support for 1 week. Wear it as much as possible, except for showering. If you need to be in public you can remove it for short periods of time (<1 hour).
6. While bathing or showering use fingertips and gently wash the incision with soap & water.

7. Do not lower head below heart or bend at waist, avoid chin-to-chest position.
8. No smoking/nicotine, No alcohol, and No sexual activity of any kind for 2 weeks after surgery. Continue any recommended supplements for 2 weeks after your surgery. No aspirin, ibuprofen, vitamin E, Omega 3 fish oil, niacin, and garlic supplements for 2 weeks post operatively. Take all medications as prescribed. It is very important to take them as directed to help avoid postoperative complications.
9. Sleep at a 30-45 degree angle by elevating the head of the bed with at least 2 or 3 pillows for 2 weeks following surgery. This will help minimize any facial swelling, which might occur. Do not lie on either side of your face for **2 weeks** after surgery, and avoid the chin-to-chest position.
10. **ALL PATIENTS** - we respect your right to privacy but it is very important you disclose the use of sexual performance drugs such as but not limited to Viagra, Levitra and Cialis. Use of these drugs along with Nitrobid Paste (used postoperatively) can cause a serious heart side effect. **DO NOT USE** Viagra, Levitra, Cialis, etc for 1 week prior to surgery and 1 week after usage of Nitrobid Paste.
11. Reread any other postop instructions that were given to you.
12. It is important to keep activity to a minimum for 1 week. No exercise or strenuous activity for 2 weeks. This includes **NO** sexual activity of **ANY** kind for 2 weeks

DO NOT BEGIN USING RETIN-A or RETINOL UNTIL INSTRUCTED TO DO SO (AT YOUR POSTOP CHECK APPOINTMENT)

ALWAYS WASH HANDS PRIOR TO APPLYING ANY MEDICATIONS TO INCISION AREA.

DO NOT WEAR EARRINGS FOR 1 MONTH POST-OP

IF YOU FEEL ANY SUTURES, DO NOT PULL ON THEM, BUT CALL THE OFFICE. YOU MAY FEEL THEM FOR 6 MONTHS.

UP-LIFT™ Postop Instructions

Day 7+

1. You should stop use of antibiotic ointment, peroxide, NTG paste, chin strap and cold compresses, unless instructed otherwise.
2. May use make-up on incision if no scabbing is present.
3. Continue to apply Scar Recover Gel to incisions in the morning and at night.
4. Massage any lumpy areas gently, clockwise and counterclockwise (10 minutes in the morning and at night, or 5 minutes 4 times a day with a preferred moisturizer or Aquaphor), starting 2 weeks after the surgery.
5. One (1) week post-op, use SPF 30 or greater on face and incision.

6. Sutures will be removed at your postop check, if not dissolved.
7. Do not lower head below heart or bend at waist, avoid chin-to-chest position for one more week
8. You may begin your normal diet. Continue to avoid smoking/nicotine, alcohol, and strenuous activity for 1 more week. Also during the next week, avoid aspirin, ibuprofen, vitamin E, Omega 3 fish oil, niacin, and garlic supplements.
9. Sleep at a 30-45 degree angle by elevating the head of the bed with at least 2 or 3 pillows for 2 weeks following surgery. This will help minimize any facial swelling, which might occur. **DO NOT LIE ON EITHER SIDE OF YOUR FACE FOR 2 WEEKS AFTER SURGERY, AND AVOID THE CHIN TO CHEST POSITION.**
10. You may begin TNS Essential Serum, Recovery Complex, TNS Eye Repair at 2 weeks or at the advice of your physician.

DO NOT APPLY RETIN A ON THE INCISION FOR 3 MONTHS POST-OP

ALWAYS WASH HANDS PRIOR TO APPLYING ANY MEDICATIONS TO INCISION AREA.

DO NOT COLOR/PERM HAIR FOR 5 WEEKS POST-OP. WHEN COLORING/PERMING HAIR, APPLY VASELINE ALONG INCISION.

DO NOT WEAR EARRINGS FOR 1 MONTH POST-OP

IF YOU FEEL ANY SUTURES, DO NOT PULL ON THEM BUT CALL THE OFFICE, AS YOU MAY FEEL THEM UP TO 6 MONTHS.

Please call the office at 540-443-7400 if any excessive swelling or darkening of the skin occurs or increase in temperature over 101 degrees.