

Cruise Plastic Surgery

180 Newport Center Drive, Suite 150, Newport Beach, CA 92660, Phone: 949-644-4808, cell: **949-310-8055**

PRE-OP & POST-OP INSTRUCTIONS

TIME FOR SURGERY: 2 TO 2.5 HOURS

NECK LIFT

RECOVERY TIME: 2 WEEKS

BEFORE SURGERY

1. Avoid sunbathing for 2 weeks prior to surgery.
2. Quit smoking at least 6 weeks prior to surgery as nicotine can impair and delay healing. If this is a problem make sure to alert Dr. Cruise.
3. Stop all aspirin containing products, medications that contain blood thinners (Ibuprofen Motrin, Advil etc.) vitamin E and herbal supplements including: St. John's Wort, green tee, Ginkgo and garlic supplements - 2 weeks prior to surgery. You can take 1 multivitamin a day.
4. Make sure all requested labs and doctor's clearance are delivered to Dr. Cruise's office on time.
5. If you color your hair it is recommended to do that just prior to surgery as you will not be able to color your hair until 4 weeks after your operation.

THINGS TO PURCHASE BEFORE SURGERY

1. Medications.
2. Garment- will be provided at first post-op visit.
3. ScarLess®. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office.
4. Gauze. Make sure to have a box of 4x4 gauze. You can purchase at drug store.
5. Hydrocortisone Cream 1% - over the counter at any drug store.
6. Multivitamin. Begin taking 2 weeks before and take until 6 weeks after surgery. Do not take vitamin E separately from multivitamin.
7. Bacitracin/Neosporin. Drug store

Optional:

1. Coverage Make-up. (before or after) Schedule complimentary consultation with Molly our Esthetician at TLC Cosmetic, to discuss the best options for camouflage make-up. Mineral make-up is best for promoting healthy healing skin.
1. Arnica - www.alpinepharm.com (888) 746-3224 - may decrease bruising, or help it to go away faster. Patients with high blood pressure should not take this herb.

DAY OF SURGERY

1. Do not eat anything for 8 hours and drink for 6 hours before surgery.
2. You may brush and rinse your teeth, but do not eat or drink anything.
3. Shower and shampoo your hair dry, if possible pull it back into a pony tail.
4. Cleanse your face and especially your ears. Do not wear makeup or moisturizers on your face or eyes. Men should shave their face.
5. Do not bring any jewelry or valuables with you on the day of surgery.
6. Wear comfortable, loose-fitting clothing. Wear flat, comfortable shoes. Remove contact lenses, dentures and all jewelry.
7. Someone must drive you home and stay with you the first night.
8. Take 2 pills of Celebrex 1-2 hours before your surgery.
9. Pack your bag before you leave to the surgery center. This should include:
 - all paperwork
 - reading glasses
 - your identification
 - warm cotton socks
 - all medications
 - saltine crackers in case of nausea during your ride home.
10. Arrive 1-1.5 hours prior to your scheduled surgery time as instructed at your pre-op.

AFTER SURGERY

1. It is very important not to become nauseated after surgery and / or vomit. To prevent this take Zofran as directed.
2. Listen to your body. If you are tired, rest. Discomfort during recovery is often a sign of overexertion.
3. Rest and sleep in a reclined position at approximately 45 degrees. Use ice packs, frozen finely broken up peas or corn constantly for at least the first 3 days, 15 minutes on 15 minutes off. Do not put ice directly onto skin because you will have decreased sensitivity.
4. Dr. Cruise will remove all dressings within two days of surgery. Afterward you may shower with cool water, gently wash your hair, apply generous amounts of both shampoo and conditioner. Gently wash the entire face with soap and water. Do not try to remove all blood with the first washing. Reapply garment after shower.

5. You must wait one month before coloring or perming your hair.
6. Avoid direct exposure of incision to sunlight for at least 6 weeks; apply sunscreen (at least SPF 15) to the area of the incision if you will be in the sun for extended periods of time.
7. Do not smoke for at least 2 weeks after surgery.
8. Do not use aspirin-containing products for at least 1 week. You may take Tylenol or pain medication as prescribed.
9. Do not apply any cosmetics for the first 5 days. The day after surgery start applying hydrocortisone 1% to face for 1 week twice a day.
10. Do not put any ointments or creams on incision lines unless instructed by Dr. Cruise. You should start applying ScarLess® on your incisions seven days after surgery. ScarLess® is a prescription strength cream with vitamin E, silicone and Hydrocortisone to help minimize redness and elevation of the scars. You can purchase ScarLess® at our office.
11. Do not do any strenuous aerobic activity for 6 weeks after surgery.

WHAT TO EXPECT AS YOU RECOVER

1. Immediately after surgery, some patients feel groggy or nauseous. These feelings normally subside by the next day.
2. Post surgical swelling may temporarily cause the look of unevenness, skin changes, hard spots, and ridges.
3. Most bruising will fade after the second week. After the first week much of the remaining discoloration can be concealed with a cream-based cosmetic.
4. Most stitches will dissolve within 7 days; some might need to be removed at 2-3 weeks.
5. Pink scars will eventually fade to an unnoticeable color.
6. Your healing incision lines may itch a little. Avoid scratching them. Apply hydrocortisone cream.
7. You may experience some numbness for up to one year. Remember not to put ice or anything hot directly onto skin because you may have decreased awareness of temperature damage.

WHEN TO CALL US

Post surgical complications are rare and are often easily solved by the doctor if you notify us. Call us if you experience any of the following:

- a temperature of 101 or higher,
- increased local redness or warmth,
- chest pain, shortness of breath,
- legs swelling, calf pain
- if you feel that anything might be wrong.

Please call the office @ 949-644-4808 within regular business hours, or call Dr. Cruise after business hours @ 949-310-8055. If either of the previous numbers fail please call our Back-up line @ 949-266-4018.

POST-OP VISITS AND CARE SUMMARY

Concern	Instructions
Blood Clot	<ol style="list-style-type: none"> 1. It is important to walk at least every hour while you're awake to prevent blood clotting - do not over do it. Right after surgery you will be instructed to walk around every 1 hour. Avoid stairs. 2. Pay specific attention to leg swelling. If you notice swelling on only one leg or calf pain contact the office.
Fluid Collection	<ol style="list-style-type: none"> 1. The evening after surgery it is important to look if one side of the face is more firm and swollen than the other. This might represent a blood collection.
Drain Function	<ol style="list-style-type: none"> 1. Empty drain every 8 hours or when it becomes more than half full and write down amount of drainage. 2. Drains come out at about 2-3 days, depending of amount of drainage.
Constipation	<ol style="list-style-type: none"> 1. If you are constipated at day 2 stop taking Vicodin or Darvocet. 2. Encourage walking, drink a lot of fluids, consider laxative (Ex-lax or Correctol).

Fever	<ol style="list-style-type: none"> 1. Make sure to cough and deep breaths as fever is usually in lungs for the first 3 days after surgery.
Garment Placement	<ol style="list-style-type: none"> 1. You will have a big bulky dressing for the first day. You will receive garment at your first postoperative visit. It should be worn for 10 days 24/7 and then at night for one month. Make sure that the garment doesn't irritate your skin and is not too tight on the ears.
Activity	<ol style="list-style-type: none"> 1. You can take a cool shower the day after. Hold drain in shower and allow clean water to run over drain entrance into the body. Make sure you have someone helping you. Apply generous amounts of both shampoo and conditioner. Gently wash the entire face with soap and water. Do not try to remove all blood with the first washing. Reapply garment after shower. 2. Walk every hour while awake for the first day and then every 2 hours. 3. Sleep at 45 degree angle for the first 5 nights. 4. Regarding exercise: If it hurts don't do it. Wait for your body to tell you what you can do. 5. You can start exercising at about 6 weeks.
Wound Care	<ol style="list-style-type: none"> 1. Your gauze will be changed at your follow up visit. 2. Make sure your garment is placed correctly. 3. Keep surgical area clean and dry at all times. 4. Start applying ScarLess® at one week

DRAIN CARE INSTRUCTIONS AND LOG

Drain care is required 3 times per day immediately following surgery. Follow these instructions explicitly and record drainage as required, below. **You must do this 3 times per day, and at any time the drainage bag is more than 1/3 full.** You will be required to submit the drain log to Dr. Cruise for your patient record.

1. Wash your hands well with anti-bacterial soap.
1. Open cap on the drain bulb. Pour out drainage into a clean measuring cup. Record the amount of drainage and time of day as indicated. Dispose of drainage in the toilet and flush.
2. **Squeeze bulbs tight.** Replace cap.

Once you have measured your fluid drainage, you must **"milk" or strip the drain tubing.** This is done to prevent small clots from blocking fluid flow.

4. To do this, hold the tubing securely at the skin site with one hand. With the other hand, pinch the tubing between your thumb and index finger and apply firm pressure as you strip the tubing towards the bulb.
4. If the tubing and bulb come apart, wipe the ends with alcohol and reconnect. Squeeze the bulb again and replace cap.

Cleansing the Drain Site

Once per day or as instructed, change gauze around drain sites. Change the gauze more often if it becomes saturated.

Check the skin around the drains for leakage or redness (a slight redness immediately around the tube is not unusual). If there is leakage, begin milking the tubes downward towards the bulb and continue milking every hour until leakage slows down. **Apply Bacitracin/Neosporin around the drain insertion site.** Attach the drainage bag to your clothes so that there is no tension on the insertion site.

Additional Instructions

- Always secure the drain to your clothing so that there is no tension on the drain at the incision site.
- Do not cut the drains.
- Keep tubes connected to the bulbs.
- Check that the bulb is always deflated (or flat).

Patient Signature

Date

Representative of Cruise Plastic Surgery