

ARKO A. DEMIANCZUK, MD, FRCSC  
*Plastic, Reconstructive & Cosmetic Surgery*

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#514-1200 Burrard Street, Vancouver, B.C. V6Z 2C7 • Telephone 604-806-6365 • Cosmetic 604-806-6360 • Fax 604-974-0067

**FACELIFT/ NECKLIFT POST- OPERATIVE INSTRUCTIONS**

- Rest and avoid physical activity for the first week and this will significantly reduce your bruising.
- Apply ice to the area of surgery as much as possible for the first 48 hours. You can use an icepack, a wet facecloth placed in the freezer, or a bag of frozen peas or corn.
- You will have a dressing covering your stitches. There are drains : yes \_\_\_\_\_ no \_\_\_ beneath the skin. The dressing and drains will be removed at your follow- up appointment.
- After the dressings have been removed, you may gently wash the surgical area and use half strength Hydrogen Peroxide to remove any clot that is stuck. Apply **Polysporin** ointment to the stitches four times daily.
- Once the skin has healed in approximately 6 to 10 days, makeup can be worn. Opaque makeups with sunscreen, such as **Continuous Coverage by Clinique** (available in several skin tones) are ideal.
- If your scars will be exposed to sun, regular use of sunscreens such as **AlumierMD with an SPF of 40** is recommended for several weeks afterwards. This can be purchased through our office.
- Do not use Vitamin E cream in the first six weeks or you may widen your scars. Scars occasionally will become raised and red. If this is happening to your scar you can try using silicone. This product comes in liquid form, and is available at the front desk. If your scar is becoming a problem please discuss it with Dr. Demianczuk.
- Once the surgical area is comfortable, begin gentle massage of the skin for five minutes three times a day. This will improve the contour and reduce swelling.
- You will notice the sensation in the skin is odd. This will gradually improve over several months.
- **You should call Dr. Demianczuk's office 604-806-6360 if you have:**
  - bleeding, increasing pain, pus in your surgery area, fever, pain in the eye, any change in your vision, or increasing swelling in your face especially if this is more on one side than the other.
- You did \_\_\_ did not \_\_\_\_\_ receive medicine for sedation. If you did receive sedation, you **MUST NOT** operate motor vehicles, boats, power tools, or machinery for 24 hours. You **MUST NOT** sign or enter into any legal contracts for 24 hours. We suggest that a responsible adult be with you following surgery for the rest of the day and night.

**PRESCRIPTIONS:**

- Tramacet \_\_\_\_\_ Take one to two tablets every 4 to 6 hours as necessary for pain. Avoid driving or taking alcohol while using this medicine.
- Antibiotics \_\_\_\_\_ Other medicines \_\_\_\_\_

**SPECIAL INSTRUCTIONS:** \_\_\_\_\_

**FOLLOW- UP APPOINTMENT:** \_\_\_\_\_