

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

## **INSTRUCTIONS FOR NECKLIFT SURGERY**

### **BEFORE SURGERY:**

**NO ASPIRIN, EXCEDRIN, IBUPROFEN, MOTRIN, ADVIL, ALEVE OR ANY OTHER NON-STEROIDAL ANTI-INFLAMMATORY PRODUCTS ARE TO BE TAKEN FOR TWO WEEKS PRIOR TO SURGERY AND FOR TWO WEEKS AFTER SURGERY. YOU MAY TAKE TYLENOL, IF NEEDED, FOR MINOR ACHES.**

Beginning two days prior to surgery, wash your face, neck and ears with anti-bacterial soap (Dial, Safeguard, Phase III, etc.), three times for at least five minutes each time. The evening prior to surgery, shampoo your hair with baby shampoo. After the hair is dry, wrap it in a towel, turban or scarf, and wear this to the surgery center. There is no need to set or style your hair. If you tint, dye, or bleach your hair, this should be done no later than 48 hours prior to surgery.

If you develop any signs of fever, infection, pustules, or boils, please notify the office.

You may brush your teeth the morning of surgery, but **have nothing to eat or drink after midnight the night before surgery.** If you take any medications for blood pressure or your heart, please take them with a small sip of water as scheduled.

Please do NOT wear any makeup, skincare products, hair products, nail polish or jewelry to the surgery center on the day of surgery.

Please wear a comfortable, loose fitting, button-up blouse or shirt type dress, which does not require being put on over the head. Do not wear pantyhose, boots, or a girdle.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately two-three days after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You must have someone spend the first night with you. Further instructions will be given to whoever takes you home.

If you have any questions prior to surgery, please call the office during scheduled business hours.

## **AFTER SURGERY:**

You are to go directly home and remain in bed, with your head elevated, for 24-36 hours. You may have bathroom privileges, but with assistance. Bandages are to be kept dry and remain in place until you are seen in the office, usually on the fourth or fifth post-operative day.

Take medications as directed\*\*. NO alcohol while taking your prescribed medications.

Upon arrival to your home, you may have small quantities of liquids as desired and/or tolerated (use of a straw is helpful). It is advised that you eat a very small amount of pudding or yogurt to coat the stomach prior to taking pain medication. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the nausea subsides or until the following day when you may progress to a soft diet. After that, you may eat as desired and/or tolerated. Hot and/or spicy foods may cause additional swelling.

If your surgery requires the insertion of drains, you will have to empty your surgical drains twice daily and write down the amount of fluid removed from each drain and each time. Your drains will be removed in the office when the output goes down, which is usually 1 to 3 days after your surgery.

Do not shower while the drains are in place. You may have a sponge bath on the second day after surgery, but under no circumstances, should the bandages or drains become wet. You will be able to take a shower after your drains and bandages have been removed. If you do not have drains, you may take a shower after 72 hours.

Do not shampoo your hair until instructed, usually five to ten days after surgery.

Keep your head elevated above your heart for the first two weeks after surgery. Using two, firm pillows or a sleeping wedge while sleeping will help to keep your head elevated during the night. Another option is to sleep and rest in a reclining chair.

If you need to bend over, bend from the knees, NOT the waist.

Swelling and discoloration are to be expected. Excessive or uneven swelling (more on one side than the other) or bandages that seem excessively tight should be reported to the office immediately.

Slight signs of blood may show on the bandages, but bright red blood spots should be reported.

Avoid getting overheated, sunbathing, and/or HOT foods until told otherwise. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for four weeks after surgery.

Appointments should be kept on the proper days to ensure that you are healing on schedule.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.

In the event of an emergency AFTER hours / AFTER surgery:

Please send a text message to (818) 458-0340. Dr. Vartany will respond immediately.