



# Face and Neck Lift

## Post-Operative Instructions

### Sutures

- **One stitch face lift:** The incisions are closed with fine non-absorbable sutures as they give a better scar. They need to be removed by the nurse in approximately 5 to 7 days after surgery in the clinic.
- **MACS face and neck lifts:** Dissolvable sutures are placed in the hairline, whilst non-absorbable sutures used for the incisions around the ears. The non-absorbable sutures need to be removed in the clinic 5 to 7 days after surgery.

You will be given an appointment to attend clinic for removal of sutures prior to leaving the hospital.

### Dressings

I use chloramphenicol antibiotic ointment to cover the incisions and a gauze pad in case there is any leakage. The pad will be held in place with the chin strap. You can wash your face and hair but please avoid the incisions until you are seen in clinic.

### Compression garment

I will place the chin strap on you in theatre and you need to wear this continuously for 2 weeks. You can remove it to eat and drink or wash your face as necessary.

### Medication

During your surgery I will use a long-acting local anaesthetic block, but you may need additional analgesia in the form of Tylenol and Ibuprofen.

As there is a low risk of infection following your procedure, you should not require any antibiotics.

### Scar advice

Once the dressings are removed, I recommend that you massage the incisions, using small circular motions at least twice a day for 5 minutes. You can use any moisturising cream of your choice and apply firm pressure until it blanches.



Anne Dancey  
PLASTIC SURGERY

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The scars will also benefit from silicone scar gel (ScarAway® or Kelo-Cote®) twice a day, which will soften and fade them, as well as applying sunblock for 12 months to provide sun protection.

The ScarAway® can be purchased from Healthcare Pharmacy at Governors Square in Grand Cayman.

### Follow up

Before you are discharged from Hospital, you will be given a follow up appointment to see the nurse one week post-operatively.

I normally see you in the clinic 2 weeks following your procedure, depending on the type of surgery.

You should also be given contact numbers in the event of any problems. If you have any questions or concerns about your recovery, please do not hesitate to phone or email me and I will endeavour to respond to you the same day.

If it is more urgent, please contact the clinic/hospital. In the unlikely event of an emergency, you must visit your closest Emergency Department.



I hope you find this information useful. If you have any questions or require a little more information, then please do not hesitate to contact me.

*Anne Dancey*

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