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This is your guide to a good recovery.

Most patients make their surgical journey without a single problem. We know this. And our patients know this, and yet plastic surgery is still a stressful process.

We hope that this guide helps by answering most of your question about your preparation and recovery from surgery.

Surgery can be thought of as a good play. While you, the patient, are the star of the show, you are supported by a cast of caregivers and a production team of friends, family, your surgeon and our office staff and the staff of the hospital.

As with any theatre production, careful planning is the key to a flawless performance on the day. This Plastic Surgery Planner is the script for your play, and our team will direct you through a smooth recovery.

It is a good idea to read the planner before your surgery. You can then use the index to look up answers to any questions you may have after your surgery.

The advice in this guide is general, and most of it is applicable to most patients. You and your surgery are unique, so please prioritise specific advice you receive.

A lot of thought has gone into preparing this guide. The information we provide you is based on good science, our experience of what works well and finally, what our patients have taught us.
“IT IS BETTER TO OVERESTIMATE THE TIME YOU REQUIRE OFF FOLLOWING SURGERY…. ”

Everyone responds to surgery differently. The time guide listed is based on the average period our patients take to feel ready to return to work. It is better to overestimate the time you will require off following surgery, as it is easier to go back to work early than to have to delay your return.

For patients in more strenuous work roles, we recommend extending your recovery time at home by at least one week. It is also a good idea to extend your time off if you are keen to conceal your surgery and know that you bruise easily.

Many patients take this downtime as an opportunity to book time away interstate or in local holiday houses. Keep in mind that you will need to return to Silkwood Medical to have stitches removed and for wound checks, up to twice weekly for the first two weeks. After this, short trips (up to 3 hours by car) are ok. Air travel (up to 3 hours) is also ok at this point. It is best to avoid international travel for 6 weeks.

**FACE AND NOSE SURGERY**

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PREPARING YOUR MIND

THE WEEKS BUILDING UP TO YOUR SURGERY CAN BE QUITE NERVE RACKING!

Knowledge and a great attitude help. It is a well-known and scientifically proven phenomenon that patients who are well-researched, well-prepared, relaxed and positive, recover faster and more comfortably from surgery.

GATHERING INFORMATION

Well done, you are doing that right now. It is important to take charge of your operation and understand the goals, expectations, risks and alternatives of your operation. While Dr Nettle and his nurse are sensitive enough to know you don’t need to know EVERYTHING about how your surgery is done, it is still important for you to have an understanding of the technical details of your operation. You will gather more questions as your date of surgery gets closer.

Have a note page dedicated to these questions in your phone or keep a small notepad to write these down when they come to your mind.

THERE IS GOOD AND BAD NEWS ON THE INTERNET

The internet can be a helpful place to start your surgical research, but it can also be very misleading. Your surgeons are the best people to answer your questions because they will have their own special surgical styles and techniques and they know YOU. Be careful not to get lost watching videos and selfies of patients on the internet - they are not you, and your experience and result will be unique to you.

POSITIVE MINDFUL REINFORCEMENTS

You have the ability to change and guide your response to surgery. Stay positive in the days leading up to surgery. Feel confident about your surgical choices. Remain calm at each stage. Replace your tension and anxiety with catch cry’s that provide positive emotional reinforcement. “I am confident, calm and positive!” If you are finding it impossible to feel positive about your surgery, then perhaps it would be a good idea to spend some more time thinking if the surgery is right for you.

SURROUND YOURSELF WITH YOUR CHEERLEADERS & BE PREPARED FOR THE FEW WHO LIKE TO BRING YOU DOWN

Let your closest and most trusted friends and family know that you are planning surgery. They love you and will enjoy supporting you through your journey. It will make them happy to know that they are helping you. Unfortunately, jealousy, carelessness and selfishness can lead someone to say something hurtful during your recovery. These comments should be laughed off by remembering all the wonderful compliments you have been receiving from your cheer squad.
The best aspect of surgery is that you finally get to be the center of attention.

Most of our patients are wonderful people who support and hold everyone else around them above sea level. It’s time to let others support you.

The most important practical aspects are:

1. Someone to accompany you to hospital
2. Someone to take you home from hospital
3. Someone to spend the first day home with you
4. Someone to drive the kids to school
5. Someone to feed your pets
6. Someone to take you to Silkwood for your follow up appointments

If you think you will need someone to help you at home, we can recommend a home health care service to assist you.
MEDICATIONS, SUPPLEMENTS & FOOD TO AVOID

TO PREVENT EXCESSIVE BLEEDING, BRUISING AND SWELLING

BEFORE SURGERY

To prevent excessive bruising and swelling, we recommend you stop these medications/supplements/foods for 2 weeks before and 2 weeks after surgery.

QUICK LIST OF MEDICATIONS, FOODS & SUPPLEMENTS TO AVOID:

1. Blood thinners – especially aspirin
2. Pain tablets – (period pain, arthritis tabs) except for Panadol & codeine, which are ok
3. Anything oily – Vitamin E, Vitamin D, evening primrose oil and especially fish oil, krill oil, flaxseed, olive oil, lots of fish
4. Anything homeopathic or herbal – including herbal teas, green tea, Chinese herbs, homeopathic or naturopathic supplements
5. Multivitamins – frequently contain herbs and vitamin E, Vitamin D
6. Hormone Replacement Therapy (HRT)
THE SURGICAL DIET

BEFORE SURGERY
Your result will be more long lasting if you are at your ideal body weight just before your surgery. Having said that, there is not much point in crash dieting or putting on kilos in the lead up to surgery, only to return to your natural equilibrium weight during your recovery.

Some people put on weight in the weeks after their surgery because they are exercising less and carrying some swelling. Others will find they lose weight as their appetite is suppressed by the pain relief medication. Either way, the best thing to do is to maintain a healthy diet to ensure you get the protein, vitamins and minerals you need for good wound healing.

Minimise salt intake for 2 weeks before and 2 weeks after surgery.

AFTER SURGERY
It can be pretty hard to chew properly after a facelift, facial implant surgery, or rhinoplasty surgery. We recommend you eat a soft diet for a week or two after surgery. Soft foods are foods that you can get into your mouth easily and require minimal chewing.

Over time common-sense and listening to your body will guide you in your progression from a liquid to a soft, mushy, non-chew diet and back to your normal diet.

Soft diets can be lower in fibre. Together with a lack of exercise, the effect of medication and diminished fluid intake, low fibre diets may contribute to constipation.

To increase fibre:
- Fibre supplements can be used (wheat bran, oat bran, psyllium)
- Ensure you have at least 6-8 glasses of fluid each day.

If it is necessary to treat constipation, you may want to use Movicol, Coloxy, Psyllium, Senokot or Metamucil. It is a good idea to start one of these the day after surgery, rather than waiting.

SOME RECOMMENDED SOFT NON-CHEW FOODS:
- Protein smoothies
- Scrambled eggs, poached eggs
- Yoghurt
- Soups [low salt]
- Peanut butter
- Mashed vegetables, potato, carrot, pumpkin
- Semolina
- Soft pasta
- Custard
- Jelly
- Rice pudding
AVOIDING CONSTIPATION

Constipation makes you feel bloated and uncomfortable. We especially want to avoid constipation in facial surgery, where "pushing" or straining can increase the risk of bleeding.

Constipation after surgery is very common and is due to many different factors, including:

- Bowel sluggishness induced by the anaesthetic
- Strong pain relief e.g. Endone, Panadeine Forte
- Changes to your regular diet and fluid intake
- Reduced activity
- Fear of going to the toilet because it might hurt

Here are some suggestions to avoid constipation after your surgery:

- Make sure you are going regularly before the surgery and start taking Coloxyl and senna or Movicol for two days before the surgery if you are prone to constipation
- Keep up your fluids after the operation
- Increase your intake of foods that keep you going regularly e.g. prune juice
- Do a bit of gentle walking every day
YOUR MEDICATIONS GUIDE

We will advise you at your preoperative appointment in regards to which medications are safe to take the week before and the morning of surgery.

We will usually ask you to stop any medications that “thin the blood” or increase bleeding as listed previously.

Oral hypoglycaemics (medications for diabetes or insulin resistance) should be reduced in dosage or omitted while you are fasting. Dr Nettle may discuss whether certain medications can be reduced or substituted (e.g. immunosuppressive medications) with the physician that originally prescribed them for you. The following medications may be prescribed for you to help with your recovery.

PAIN RELIEVING MEDICATIONS:

Pain medications fall into three basic families-paracetamol (Panadol), non-steroidal anti-inflammatories (NSAIDs) and opioids. Your surgeon and anaesthetist will discuss with you the best combination of these medications to leave you feeling comfortable after surgery.

*Paracetamol* is always a good first medication to try as it raises your pain threshold and means that you require lower doses of other medications to stay on top of your pain.

*Anti-inflammatories* e.g. Nurofen and Voltaren worsen bruising and increase the risk of bleeding. Anti- inflammatories such as celecoxib (Celebrex, Mobic) do not cause bleeding and bruising. *Opioids* (e.g. oxycodone, endone, Targin, tramadol, tramal, fentanyl, morphine) are stronger pain relief medications that are usually used in the first 48 hours after surgery. Thereafter, they are useful at night to help ease pain that you may be more aware of because your daily activities are not distracting you. They have a mild sedative effect and should not be taken at the same time as a sleeping tablet, nor before driving.

It is essential to take enough medication to control your pain. You will not become addicted to normal pain relief medication, and in fact are more likely to have problems if you skimp on pain relief. Unfortunately, opioids also have the unfortunate side effect of constipation. So make sure you take something for your bowels if you are using your bowels if you are using your opioids regularly. We recommend either Movicol sachets, Coloxyl, Metamucil, psyllium husks, prune juice - you are your best guide to determine what works best for you.

*Codeine* (found in Panadeine and Panadeine Forte) in particular can cause constipation.

A QUICK NOTE ON ANTIBIOTICS

Our body is covered inside and out with a clever balance of bacteria to keep us healthy. After surgery, the normal bacterial balance can become upset.

We avoid bacterial proliferation at the wound and under your skin by giving you antibiotics through your drip during your hospital stay. For some of our patients, we will also prescribe one course of cephalixin 500mg capsules (Keflex/Ibilex) taken four times a day. This can be on a full or empty stomach.

Antibiotics can upset your digestive system’s balance, and can lead to upset tummies. Yakult or a probiotic can help, especially if you need a second course of antibiotics.

Sleeping Tablets (Temazepam most commonly recommended): We often prescribe sleeping tablets to help you get a good nights sleep following surgery. Usually these are only needed for a few nights.

Antiswelling (Dexamethasone): Many facial and nose surgery patients are prescribed this specific antiswelling tablet. You will be given a sheet to tell you exactly how and when to take these tablets if they are prescribed for you.

Antinausea (Zofran): Nausea is not common following modern anaesthetics, but some people are exquisitely sensitive. If you are one of these patients you will be prescribed a Zofran wafer that will dissolve on your tongue.
There are very few plastic surgeons that will operate on smokers as there is unquestionable scientific evidence that smoking greatly increases the probability of anaesthetic and wound healing problems.

Dr Nettle has had patients sneak a cigarette or two before surgery. These patients delayed their recovery and compromised their result. In plastic surgery, no one wants an “OK” result. We all want a perfect operation and a perfect outcome. So why compromise this process by smoking?

While cigarettes are a toxic mixture of carcinogenic, mutagenic, radioactive and toxic compounds, the two most concerning ingredients for our patients are nicotine and carbon monoxide. These reduce the ability of your skin to get oxygen and also impair your white cells from entering the wound to heal it and prevent infection. All plastic surgery depends on rearranging the blood supply of your skin and then getting it to heal nicely.

You should stop smoking for **6 weeks** prior to and at least three weeks after your surgical date. During this time, your blood oxygen levels will rise and your lung cells will regenerate.

“SKIN NECROSIS (SKIN DEATH) OCCURS IN 20% OF PATIENTS WHO SMOKE IN THE LEAD UP TO FACELIFT SURGERY”
YOUR SHOPPING LIST

SOFT, YUMMY FOOD:
It can be hard to chew after facial surgery and most people don’t feel up to a big meal after surgery! We advise having a supply of nutritious but tasty single serve meals packed into your freezer. Protein smoothies can be a great alternative to keep the calories up.

FLEXIBLE STRAWS OR A SQUEEZY WATER BOTTLE:
These make it so much easier to drink water while lying in bed or on the couch.

CHILLED EYEMASK (FACELIFT, BROWLIFT & EYELID SURGERY):
These can be purchased from pharmacies and possess a clever gel that refuses to get too cold so that you cannot get an ice burn. An inexpensive alternative is to place gauze squares or makeup pads into iced water and lay them on your eyes.

A TRIP TO THE BEAUTY SALON:
There is no better way to make you feel good after surgery than ensuring you look good before the surgery! Make sure you have your hair trimmed and dyed just before facelift/brow lift/hairline lowering. We think it’s best to avoid dying your hair after these procedures for 4 weeks. You will also feel fresher and more comfortable if you have a pedicure and wax or shave beforehand. No one wants to be bothered by their raggedy toenails or spikey legs when they are recovering from surgery.

ENTERTAINMENT:
You will feel too tired and apathetic to perform any work when you go home. It is best to plan at least one week of being “thought free”. It is still a good idea to distract yourself with good TV, podcasts and great magazines. Most people find themselves unable to concentrate for longer than twenty minutes. Keep your entertainment entertaining and make sure it’s mood boosting!
CLOTHING & STYLING AFTER SURGERY

What we put on our face and bodies can make a big difference to how we feel after surgery. It is important to wear practical, loose clothing to and from hospital. After that, your appearance becomes a reflection of your mood and your recovery. It is an important part of your physical transformation to go back to wearing flattering clothing and makeup to make yourself feel confident and beautiful. Your bruising, swelling, aches and pains will improve in leaps and bounds after the first 48 hours. You are not the first person to ever have plastic surgery - everyone recovers! It just takes time.

FACIAL SURGERY PATIENTS:
The last thing you want to put on after having a delicate operation on your nose or face is a tight skivvy! Wide necked or front-opening button up shirts and dresses are the most comfortable thing to allow for your reduced neck movement after face and neck lifting surgery or a sore nose after rhinoplasty.

Wide legged pants that easily fit over your shoes or slippers are better than skinny jeans or leggings as you will not need to bend over to push them over your ankles. Rather than wearing your best designer clothes, it’s best to wear clothing and use old pillowslips and bedsheets that you don’t mind getting possible stains.
We know you’ve thought and re-thought everything you need to do for tomorrow, but here is a final checklist for you to go through. Then you can relax, go to bed early and sleep well. Please make sure you:

- Know your fasting time and expected time to arrive in hospital
- Know which medications to take tomorrow morning (if any)
- Shower and wash your hair, conditioner is ok if you want to use it.
- Have a loose, comfortable outfit and cotton underpants ready to wear to and from hospital
- Remove all jewellery and piercings
- Have your glasses packed
- Do not wear any skin moisturizer or makeup to hospital
- Arrange someone to take you into hospital and take you home
- Pack your ID card, insurance card, Medicare card and a pen for filling out forms.

That’s it! Now do something that makes you feel relaxed and happy!
PHYSIOTHERAPY:
You don't need a physiotherapist to help you stretch, breath and cough, but a system in place to remind yourself to:
• Take 10 really deep breaths every 1/2-1 hour unless asleep, for the first 5-6 days.

REST AND MOVE:
While you feel quite tired after your surgery, it is important either walk around your home every two hours or wiggle your legs and toes just as recommended on a long haul aircraft flight every hour. This helps to avoid blood clots in your legs (DVTs). It is a good idea to go out once you are physically able (at day 5-7). This will train you mind that you are getting back to normal.

COOL PACK AND ICED GAUZES:
These can help to improve your comfort after facelift, eyelid and rhinoplasty surgery. Apply them gently to your eye area as soon as you get home and replace them with another cool pack once it goes to room temperature. Use a cool pack for the first 48 hours.

YOUR MEDICATIONS ALL SERVE A PURPOSE:
Start your medications as soon as you get home. Try to stay on top of your pain as it is harder to get rid of severe pain once it has set in.

DRINK AND EAT:
It is important to keep well hydrated after surgery to prevent headaches and DVTs. Pain relief medication can make you nauseated, so it is best to ease slowly into eating. Your appetite will let you know when it is “safe” to eat normally.

POSITION YOURSELF:
Generally, you will have less swelling and less pain if you manage to keep your wounds elevated. The exception to elevation is facelift patients who should sleep completely flat, as this will help the face, jowels and neck “set” in a better position.
WHAT PROBLEMS REQUIRE IMMEDIATE ATTENTION?

If you experience any of the following concerns, please contact us immediately.

- A high fever (over 38 degrees Celsius)
- Severe nausea and vomiting
- Bright red skin that is sore or hot
- Bleeding or seepage through a wound that cannot be controlled with pressure for 3 minutes
- New swelling e.g. one side of the neck is larger than the other
- Inability to urinate
- Difficulty breathing
- Calf pain

DURING BUSINESS HOURS
9am to 5pm Monday to Friday: Silkwood Medical: (02) 9387 3900

AFTER HOURS:
Dr Nettle’s mobile phone number OR
Bondi Junction Private Hospital (02) 8305 2519
East Sydney Private Hospital (02) 9001 2000

IF YOU LOSE CONSCIOUSNESS, DEVELOP CHEST PAIN, OR SHORTNESS OF BREATH, SOMEONE SHOULD CALL AN AMBULANCE ON 000.
WHAT PROBLEMS DESERVE A PHONE CALL

EVEN IF THEY ARE NOT URGENT?

ALL OF THEM!

We really want to know. Honestly. You are experiencing what it is like to be healing from plastic surgery for the first time. A problem that leads you to lose sleep or spend hours on the internet researching is usually something we can solve in a brief conversation with you. It is very satisfying to be able to educate and help our patients through their concerns.

HERE ARE A FEW OF OUR MOST COMMONLY ASKED QUESTIONS:

When will my bruising and swelling go away?
This is very individual. We anticipate a significant improvement in 2 weeks and depending on the procedure up to 6 or more weeks for it all to go.

When can I return to work?
This is very individual but also procedure dependent. Some people will return to work within 2 weeks but others will be up to 4 weeks. See our approximate timeline guides for the most common return to work and exercise times for your procedure. Remember this is a guide – everyone is different.

When can I return to exercise?
We are happy for you to go for a gentle walk as soon as you feel up to it as long as you don’t raise your pulse or blood pressure. We would like you to avoid any straining (weights, lunges and any downward yoga or pilates) for up to 6 weeks depending on the procedure.

See our guideline timetable for return to exercise in a few pages. We will guide you through this as we assess you through your recovery.

Will it hurt when my sutures, staples, drains come out?
People tolerate this differently. We suggest you take some pain relief before you come in.

There is a pimple in my wound.
This is usually due to a dissolving suture under the skin and will resolve on its own.

My right side doesn’t look like the left.
Most people will heal asymmetrically to some degree as we are all naturally asymmetrical. You will not be any more asymmetric postoperatively than you were preoperatively.

I have shooting, pulling, tugging pains.
This is due to firing and recovering nerves and also in some cases muscles and skin being pulled to help you achieve your desired result. This usually takes 2-6 weeks to settle dependent on the procedure.
No patient goes through this journey without wondering if their healing is normal and if they are going to look ok. In fact, it is normal to wonder after the surgery why on earth you are going through this as you may look and feel terrible!

Remember time is your friend, and you will start to see the great effects of your surgery very soon.

Everybody heals very differently, these are just some examples of what you might expect. The rate of healing will depend on several factors like; genetics, lifestyle, how well you follow your surgeon’s pre-operative and post-operative advice.

If nurses at the hospital give advice conflicting with what Dr Nettle or Silkwood’s Practice Nurse have told you, please call Silkwood Medical to clarify.

Here are some pictures of patients a few days after their surgery.

**FACELIFT (Browlift & Eyelid Surgery)**

5 days post surgery

**HAIRLINE LOWERING**

1 week post surgery

**RHINOPLASTY**

5 days post surgery
SHOWERING AFTER SURGERY & EARLY WOUND CARE

Most patients desperately want to jump in the shower to wash away the stale feeling they get from being in hospital. A bit like how we all feel after a long-haul plane flight. After surgery, standing in a warm shower with strong pain relief in your system can be a perfect storm for feeling dizzy and woozy.

Have a close friend or your partner nearby when you have your first shower or try to have it before you leave hospital with the help of your nurse.

FACE, BROW, HAIRLINE & EYELID PATIENTS:
You can shower and get your wounds wet the day after surgery. Remember to shower in lukewarm, NOT hot water. You are welcome to gently shampoo your hair. Dab your hair dry with a towel or let it air dry - don't dry it with a hairdryer or brush your hair.

RHINOPLASTY PATIENTS:
The warmth of a shower can melt the thermoplastic splint sitting on your nose and cause it to fall off. Try to avoid getting your face wet in the shower until your splint is removed. If you can get your hair washed salon-style, not getting your face and nose wet, you are welcome to.
Drains are silicone tubes that siphon away the excess fluid of swelling that accumulates under your skin after surgery. Drains create negative pressure (a vacuum) under your skin and help to get your skin to stick down into its new location. Drains are generally only used in facelift and necklift surgery.

A drain has three components. A soft perforated tube that sits under the skin, a connector tube and finally, a bulb to create the vacuum and collect the swelling fluid.

The fluid in your drains will look bloody at first and become yellow over time. The yellow fluid is lymph and serum (the fluid our red blood cells swim in).

FOR FACELIFT PATIENTS:

Drains are normally left for 4 or 5 days. Empty and revacuum your drains as we show you three times daily. For facelift patients it is NOT necessary to record the drainage volume.

Well, it can be tricky trying to work out where to hide the little bulbs and the connector tube can sting a bit where it rubs against your skin.

Drains come with little silicone tabs that allow you to safely pin them to your clothing or compression garments. The bulbs also fit perfectly into jacket or pant pockets. If you prefer you can hang them around your neck with a tape, string or shoelace as a necklace.
Swelling is your friend. Swelling is due to inflammatory fluid welling up under your skin bringing white blood cells and important proteins to heal our wounds and help our surgery stick.

Swelling does become a nuisance if it persists and delays you from seeing your beautiful result. Surgery to the skin can cut the lymphatic channels that carry the body's excess fluid back to the heart. It takes weeks to months for the body to rebuild and rearrange these lymphatic channels.

Lymphatic massage and compression can help to move the fluid out of swollen zones.

Ultimately, swelling does go away. It will vary from day to day and worsen in warmer weather. A rough timeline is to expect your swelling to peak at day 2 to 3 after surgery and gradually subside over the next 10 to 12 weeks.
RIDING YOUR EMOTIONAL ROLLERCOASTER

This section has been written for you, your family and your friends. It is a lot easier to cope with the breadth and force of emotions you are going to experience if everyone around you knows why you are experiencing them.

No matter how emotionally soft or strong you are, surgery will take you through lows and highs. The depth of the lows and the peaks of the highs can vary from person to person but tend to reflect the length of your physical recovery. So patients having combination procedures on either their face or body tend to feel emotionally unpredictable for a bit longer.

The change in your emotions is driven by external and internal factors. Strong medication, steroids, poor sleep and pain all leave us feeling very irritable. The good news is that once you recover a little bit, you will stop feeling pain, require less medication and be able to sleep comfortably.

Your body pushes out a powerful combination of hormones to keep you alive during surgery including adrenaline and corticosteroids. After one or two days it works out that you are doing really well, and it stops the hormonal drive. Unfortunately your emotions will plummet once your hormonal levels return to normal at about day 4 after surgery. It is very similar in feeling to post-baby blues. You know you are doing really well and should be really happy, but somehow you still feel sad.

Here are some great cognitive behavioural therapy strategies to help train your mind into thinking positively.

1. Wake up and smile for one minute. It works. Smiling has been shown to cause the release of happy neurotransmitters in your brain. Smiling also makes those around you smile back at you.
2. Surround yourself with happy, positive people (the Cheerleaders).
3. Watch funny TV shows.
4. Once you are well enough, gently exercise for 20 minutes a day and eventually build this up to 30 minutes a day (check the section on exercise after surgery to see what you can safely do).
5. Block negative predictions. Your brain cannot emotionally decipher between an “imagined expectation” and reality. If you start imagining what it is like to have a poor outcome from surgery, then your brain will start preparing for this imagined reality.
6. Avoid comparing your recovery to other patients on the internet. They are not you.
Exercise makes us feel healthy, happy and fit. You won’t feel like walking further than from your couch to your bathroom for the first few days after surgery. After a week, you will feel a desperate urge to get some fresh air and feel your body moving again.

Here is a guide for when it is safe for most patients to get back to exercise. Of course, you should listen to your body. If something hurts, your body is telling you to stop what you are doing and take it easy.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Walking &lt;20 minutes, no sweating or rise in HR</th>
<th>Walking &gt; 20 minutes, not vigorous</th>
<th>Jogging or brisk walking</th>
<th>Pilates/ Yoga</th>
<th>High impact e.g. Cross Fit, swimming</th>
<th>Sexual Intercourse</th>
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</thead>
<tbody>
<tr>
<td>Eyelid surgery</td>
<td>Day 3</td>
<td>Day 5</td>
<td>4 weeks</td>
<td>4 weeks</td>
<td>6 weeks</td>
<td>Day 14</td>
</tr>
<tr>
<td>Facelift</td>
<td>Day 5</td>
<td>Day 7</td>
<td>4-6 weeks</td>
<td>6 weeks</td>
<td>6 weeks</td>
<td>Day 14</td>
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<tr>
<td>Rhinoplasty</td>
<td>Day 5</td>
<td>Day 7</td>
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<td>6 weeks</td>
<td>6 weeks</td>
<td>Day 7</td>
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<tr>
<td>Browlift/Hairline lowering</td>
<td>Day 3</td>
<td>Day 5</td>
<td>3 weeks</td>
<td>6 weeks</td>
<td>6 weeks</td>
<td>Day 7</td>
</tr>
</tbody>
</table>
You are safe to drive your car once you are:

- Not taking strong (opioid) pain relief. Strong medications have a sedative action and will inhibit yourresponse time.
- Able to slam your foot down on the brakes.
- Able to turn your head and neck enough to check your blind spot.

Most people are able to drive a week to 10 days following facial surgery.
SCAR MANAGEMENT

SCAR MANAGEMENT IS VERY IMPORTANT TO YOUR END RESULT AS ONCE YOUR SWELLING AND HEALING HAS TAKEN PLACE, YOUR SCARS WILL BECOME THE ONLY TELLTALE SIGN OF HAVING HAD SURGERY.

TIME SCALE OF NORMAL WOUND HEALING:
Your wounds are sealed to the external world within 48 hours of surgery. It is important to keep your wounds protected by not applying makeup, cleanser or moisturising creams in this time to avoid infection. Your body will gradually produce more and more scar tissue to support your wound over the next 12 weeks. In this time, your wounds will go from being fine pink lines to thick, raised pink lines. As your body deposits more collagen into the scar, the tensile strength of your wound increases. At 6 weeks post op, the tensile strength of your wound will be half that of normal skin. This is strong enough to withstand the day to day movement our skin experiences such as exercise.

Scars are pink because they are filled with tiny blood vessels feeding the scar with healing cells and proteins. The scar becomes paler and softer over time. It takes a full year for a scar to completely reach its "end point".

WHAT TO PUT ON YOUR SCAR:
Treat your scar as delicate skin. Do not apply makeup for one week. Direct sun exposure should be avoided while the scar is maturing.

In face and eyelid surgery, it is difficult to put tape on wounds and often we will recommend silicone gel ointments from an early stage. We will advise you about this during your recovery.
I sincerely hope this guide is a great help to you and your carers in your surgical journey.

Your decision to undergo appearance-improving surgery is a decision few undertake lightly.

My Silkwood team and I are here to help you every step of the way.

We have witnessed thousands of patients transformed into happier, more optimistic and confident versions of themselves.

You can too!

DR. WARWICK NETTLE
Plastic Surgeon MBBS FRACS