



OP. DR. AHMET CAYMAZ

KBB HASTALIKLARI, BAŞ & BOYUN CERRAHİSİ

Recommendations before and after deep plane face/neck lift surgery

Before the surgery, the use of aspirin-like bleeding-enhancing and coagulation-reducing blood thinners should be discontinued at least one week before the operation.

Herbal teas (especially green tea) that can increase the bleeding rate should not be drunk before the surgery. Making an appointment for the hospital and other organizations will be made by us, and except for special cases, the patient will go to the hospital 2 days before the operation, hungry for 6 hours for the examination and tests by the anesthesiologist.

Your doctors should be informed about all drugs and products used for other diseases, as they may affect the anesthesia and subsequent healing process. Alcohol should not be consumed the day before the surgery.

Not smoking will increase the comfort before and after the surgery, healing and tissue repair will be facilitated.

This point is important for skin nutrition. If signs of infection such as fever and cough have started before the surgery, they should be reported to the doctor. If you have herpes very often, please let us know.

Since it may not be possible to take a bath for a while after the surgery, you should come home with a bath.

Sometimes certain parts of the hair may need to be shaved. Or, there should be a way to prevent situations that can cause infection in surgery, such as basket knitting. It will be useful for women not to wear make-up, not to use hair spray, and to wipe the nail polish, if any. In special cases, it will be notified in advance whether men's hair, mustache or beard shaving is required.

All metal accessories must be removed. Unless otherwise stated on the day of surgery, you should be in the hospital at least 1-2 hours before the operation time. In the hospital, the staff on the ground floor will do the procedures related to the hospitalization and take them to the room. Before the operation, you should be hungry and thirsty for at least 6-8 hours, nothing should be eaten or drunk.

Pajamas, sweatpants, nightgowns and personal care items such as toothbrush, shaver, comb, which can be easily put on and removed from the front, should be kept with them.

All jewelery such as dentures, necklaces, rings, bracelets, earrings and watches should be removed during the surgery.



OP. DR. AHMET CAYMAZ

KBB HASTALIKLARI, BAŞ & BOYUN CERRAHİSİ

When the preparations are completed, the patient is taken to the operating room.

Anesthesia sleep is initiated by administering drugs intravenously or orally with a mask.

At the end of the operation, the relatives of the patient are informed and after the patient is followed in the operating room for a while, he is taken back to his room in the service.

The head should be kept elevated in order not to increase edema for a week after the operation.

Drains will usually be removed on the first or second day.

As the incision sites become crusted, they should be cleared of crusts with 3% hydrogen peroxide (oxygenated water).

The incision site should be lubricated with a vanicream moisturizer for the first ten days.

Cleaning and moisturizing are very important to avoid any traces. In the first days, cold gel application is necessary for edema. Cooling is provided for 10 minutes with the cooled gels on the +4 degree door of the refrigerator and a break is made for 20 minutes.

For bruises, hirudoid cream/gel is used. Enfla C tablet can be used orally 2x1 for edema recovery. Suture areas should be moistened with Scarlex gel after the tenth day.

Antibiotics should be used in the first week.

Painkillers are usually not needed after the first days. If additional eyelid surgery has been performed, tobradex drops should be instilled 2-3 times a day. If there are non-absorbable stitches, they will be removed on the first weekend.

After 48 hours, you can take a shower without touching the stitching areas. You can take a bath, including the hair, 72 hours after the drains are removed (short-term, with not very hot water, without rubbing/irritating the seams with fibers, pouches, etc.).

After the 3rd day, edema and bruising begin to decrease gradually.

Although it varies according to age, edema and bruises related to surgery completely disappear between 2-4 weeks.

It may take 3-6 months, in proportion to age, for the displaced muscles and layers to fully settle. It is recommended to focus on soft foods in the first days. Foods with high nutritional value, vitamins are important in wound healing. In the first months, UV protection is necessary to prevent wound scars.

You can start walking after the first week. For heavier sports, it is necessary to wait up to 8 weeks.

Glasses can be used after the first 3-5 days in a way that does not put pressure on the seams.

After the surgery, numbness and movement delays in your face and neck are normal. Although it usually goes away in the first month, it can take up to 3-6 months.



OP. DR. AHMET CAYMAZ

KBB HASTALIKLARI, BAŞ & BOYUN CERRAHİSİ

Diagnosis _____

Treatment/procedure to be done _____

Side/level information if applicable Right Left Bilateral Level _____

Purpose, duration, benefits, chances of success, recovery process, possible risks and benefits of the treatment to be performed.

Complications, alternative methods and in case of not accepting treatment

If you do not want to be informed about the conditions in which you can stay, please indicate with your handwriting.

My doctor gave information about my disease; how to treat, its purpose, duration, benefits, chances of success, it may not be a guarantee of improving the current situation, the healing process, possible risks and complications, alternative methods, in case I do not accept treatment explained the situations that I might face, and that an additional surgery/intervention/application can be performed if deemed necessary. He answered all my questions regarding these subjects. Under my physician's authority, observation and management, the practice described above is/- I was told that it would be carried out by physicians, nurses and other health professionals on the patient I am the legal representative of.

During the application, if necessary, the anaesthesiology of the anesthesia application specialist, anesthesiologist of sedation practice, or a competent person in sedation practice. doctor, it was explained that local anesthesia will be done by my doctor.

Accepting that I am sane and capable of making decisions, medical treatment will be done. accepts the application, the medical treatment/surgery/procedure deemed necessary by my physician and his team I consent to its implementation.

In the case of the hospital, it was removed during the practice to which I gave consent above. I give permission for the examination, examination, destruction or storage of the tissues or organs that are in question.

I allow my medical records to be used in scientific research, provided that my identity information is kept confidential.

Patient's			
Full Name:	Signature:	Date:	Time:
Date of Birth:			
Legal Representative's			
Full Name:	Signature:	Date:	Time:
Degree of Relationship:			
Reason why the consent is delivered by legal representative of the patient:			
<input type="checkbox"/> Patient is not conscious	<input type="checkbox"/> Patient is under 18		
<input type="checkbox"/> Patient is not entitled to make decision	<input type="checkbox"/> Emergency		
Witness'			
Full Name:	Signature:	Date:	Time:
Informing Physician's			
Full Name:	Signature:	Date:	Time:
Interpreter's (If required)			
Full Name:	Signature:	Date:	Time:

Informed consent is delivered by the patient himself/herself if s/he is older than 18 years old, by the patient himself/herself together with his/her legal representative if the patient is aged between 15 and 18 and by the representative of the patient if the patient is under 15 years old and/or is unconscious and/or is not entitled to make decision and in case of emergency.