

Facelift/Browlift

PREOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

Have your prescriptions filled.

Do not take Aspirin, Anaproxin, Ibuprofen, herbs or vitamins for two weeks before and two weeks after surgery. These products may cause bleeding and bruising. You may take Tylenol.

Smokers are advised to stop smoking at least two weeks before surgery.

If you take any other medication daily, please notify the Doctor.

If you develop respiratory symptoms (i.e. cold, fever, cough) prior to surgery, notify the Doctor.

DAY BEFORE SURGERY

1. Do not eat or drink anything after midnight the night before surgery.
2. The night before surgery shower with Technicare soap.

DAY OF SURGERY

1. You may brush your teeth and rinse your mouth but do not eat or drink anything.
2. Repeat your Technicare shower.
3. Wear no make-up or nail polish.
4. Do not bring jewelry or valuables.
5. Prior to surgery, remove contacts or glasses and notify the nurse if you have dentures.
6. Wear comfortable clothes that do not have to be put on over your head. Wear flat shoes.
7. Someone must drive you to and from the office. Also, someone must stay with you the first night.

POSTOPERATIVE INSTRUCTIONS FOR OUTPATIENT SURGERY

1. Immediately after your surgery your head will be bandaged. Do not remove these bandages. During the first post-op visit the bandages will be changed.
2. You should sleep with your head elevated on at least two pillows for the first week after surgery. Avoid sleeping on your side.
3. Avoid strenuous activities for 2-3 weeks after surgery. Also avoid bending over from the waist for the first week after surgery.
4. You will be given a prescription for pain medication. Take the medication as

prescribed, but take it only if you need it. Never take pain medication on an empty stomach because it may cause nausea.

5. You should begin taking sips of liquids as soon as possible after your surgery. You may progress to a regular diet as you tolerate it. Avoid eating greasy or spicy foods for the first 24 hours because they may cause nausea.

6. After the first dressing change, you will be instructed in the care of your incisions. This will consist of cleaning the incisions with peroxide and applying a thin coat of Neosporin ointment. Light dressings may also be placed to protect the incisions.

7. After the first dressing change a chin support will be provided and should be worn constantly for 7-10 days. The support should then be worn at night for the next 2-3 weeks to achieve optimum contouring.

8. You should expect swelling and bruising of the face, eyes and neck. The amount of swelling and bruising depends on the individual. Most of the swelling and bruising usually resolves in two to three weeks. Ice compresses for the first 24-36 hours will help minimize the swelling. After the second day, warm compresses will help the bruising and swelling resolve more quickly.

9. Do not apply makeup for approximately one week. After the first week you may put makeup on your face but do not put it on your incisions. You will be instructed as to when you may use makeup on your total face.

10. You will be instructed as to when you may wash your hair after surgery. When you are allowed to wash your hair, use a mild shampoo and avoid other hair products until the Doctor tells you that you may use them. You should also avoid hot dryers or curlers until the incisions are well healed. You may roll your hair but the rollers must be loose. Hair color or bleach should be avoided for six weeks after all the sutures are removed.

11. Your face and scars should be protected from sun exposure for at least 3 months. A sunscreen with at least a 15 SPF is recommended. Tanning beds should be avoided.

12. Smoking during the postoperative period is strongly discouraged. Smoking may result in poor wound healing.

13. Things to report to the Doctor:

- excess bleeding that soaks your bandage
- swelling and pain on one side more than the other
- an elevated temperature greater than 101 degrees
- pain that is not relieved by the pain medicine
- nausea and vomiting