

PREOPERATIVE INSTRUCTIONS

A word of caution. After a facelift your face is swollen and bruised. You will not see improvements until the swelling and bruising has abated. The earliest changes that you will see are in the neck and along the jaw line. The swelling in the cheek area takes longer to resolve and you must be patient. We will give you support and reassurance to get the best possible result in as short a time as is possible.

1) **DO NOT TAKE ANY ASPIRIN PRODUCTS or Vitamin E for 2 weeks prior to or after surgery.**

Do not SMOKE for three weeks before or after surgery.

Aspirin thins the blood, causing you to bleed and bruise more. You may take Tylenol.

Do not drink alcohol for 10 days before or after surgery.

2) Continue to use your skin care pre-facelift products until one week before surgery. We will prescribe further skin care products after the facelift, as they become necessary. You may resume your usual skin care program 15 days after surgery.

3) Wash your face and neck and shampoo your hair thoroughly with Hibiclens or Dial (over-the-counter) the morning and night of the day prior to surgery. **Do not get Hibiclens in your eyes.** Please **DO NOT** wear make-up or hair spray.

4) Purchase a pair of thigh high TED stockings prior to surgery and put them on the morning of surgery. Fill the prescriptions that we give you before surgery.

5) Please have your cardiogram (ECG) performed as soon as possible before surgery. If it is abnormal a cardiology opinion may be required which could delay your surgery. Your blood tests should be done about 10 days before surgery.

6) **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. The only exception is medication, which we instruct you to take with a sip of water the morning of surgery.**

7) Please wear a button down top to the office on the day of surgery. Wear sweat pants, sneakers, socks and sneakers or sturdy shoes. No high heels and no sandals. Do not wear make-up, jewelry or panty-hose

8) Fill the prescriptions that we give you before surgery

POSTOPERATIVE INSTRUCTIONS

1) Your surgery will take approximately 4 hours. After surgery you will go to the recovery room for several hours until you have awakened sufficiently to return home. **If you are having outpatient surgery, someone must drive you home and remain with you that day and night.** Please keep your head elevated as much as possible after surgery to reduce swelling.

- Do not use a pillow that pushes your head forward. keep your neck straight. Use a vertical pillow on top of the bottom pillow to elevate the head

- **Do not put your head below your heart**

- **Do not do any strenuous activity**

- **Do not strain during a bowel motion**

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•Do not take pain medication on an empty stomach since it may cause vomiting.

•Do not put rollers in your hair or use a hair dryer except on the cool setting.

Please note that you do not have normal feeling in your scalp for several weeks to months after surgery.

All of these factors will raise your blood pressure and cause bleeding which may require emergency surgery.

2) Do not smoke for three weeks after surgery; do not drink regular coffee or soft drinks containing caffeine for 10 days after surgery. Do not sit in the same room as a smoker.

3) After surgery, bandages will be applied to your face. The bandages will be changed after 24 and 48 hours. Your face will be bruised and swollen after surgery. It is a good idea not to look at yourself in a mirror for several days until the initial bruising and swelling has gone down. Most of this will be gone by the end of 2 weeks. When the swelling is gone there will often be irregularities in the underlying fat which will take several weeks to resolve. We will speed up the resolution of these with ultrasound and low dose steroid injections if necessary. Final resolution takes several weeks. However you will be able to wear make-up and go out after ten to fourteen days.

4) After the pressure dressings are removed, you may wash you face gently with soap and water and apply a moisturizing cream if desired. This may not apply if you are having a chemical peel at the same time as your facelift. Please DO NOT wear make-up without first checking with us. You may wash your hair with tepid water (hair salon style) after 4 days (the morning of your appointment). **Be very gentle**, do not disturb dressings and do not soak or soap suture lines. Dry thoroughly but **gently** with a hand towel. **Be careful because you do not have normal feeling in your scalp or your face.**

5) Please keep your head elevated as much as possible after surgery to reduce swelling. Sleep with 3 pillows at night for 1 week. Arrange the pillows so that the head is elevated with the upper body. **Keep your neck straight. The pillows must not bend your neck forward.** Keep the head elevated during the day for 4 days after surgery.

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Post-Operative Facelift Instructions

6) The sutures in front of the ears will be removed in 3-4 days and dressings applied for support. Staples in the scalp are removed at 10 days. It will be necessary to see you in the office the day after surgery and at least two times a week for 2 weeks following surgery to change the dressings and remove remaining sutures. After you are dismissed, you may not need to return to the office again until your 6-week checkup.

7) Please wear a button down. Do not wear turtleneck sweaters, or head bands as these may damage your ears. If you have questions, please call the office.