KIRWAN
PLASTIC SURGERY

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FACELIFT - PRE AND POST-OPERATIVE INSTRUCTIONS

PRE-OPERATIVE INSTRUCTIONS

1.Do not take any aspirin products or NSAIDs (such as Motrin, Advil, Aleve) or Vitamin E for 3 weeks prior to or after surgery. These medications thin the blood, causing you to bleed and bruise more. You may take Tylenol for pain. See our separate list of medications to be avoided.

2.Do not smoke for three weeks before or after surgery.

3.Do not drink alcohol for three weeks before or after surgery.

4.DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT OR THROUGH THE MORNING OF YOUR SURGERY. No Exceptions.

5.Please wear a top that fastens in the front with buttons or a zip and pull-on pants on the day of surgery. Sweats work well. Wear flat, slip-on shoes - no high heels and no sandals or flip-flops.

6.Please do not wear make-up, hairspray, jewelry, panty hose, or contact lenses. Please remove all piercings including body piercings.

7.Shower and shampoo with anti-bacterial soap on your day of surgery. Do not apply body creams, lotions, oils or any kind of deodorant.

POSTOPERATIVE INSTRUCTIONS

1.Your surgery will take approximately three hours, for a facelift alone. After surgery you will go to the recovery room until you have recovered sufficiently to be discharged.

2.If you are having outpatient surgery, someone must drive you home and, for your safety, remain with you for the first 24 hours.

3.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 and your chin up. Use a vertical pillow on top of the bottom pillow to elevate the head.

4.You may or may not have drains. If you have drains you will be instructed as to how to manage them after discharge. Drains are usually removed one to two days after surgery.

5.Do not put your head below your heart! This may raise your blood pressure and cause bleeding which may require emergency surgery.

6.Do not attempt any strenuous activity like making beds or the laundry or cleaning the house! This may raise your blood pressure and cause bleeding which may require emergency surgery.

7.Do not strain during a bowel movement! This may raise your blood pressure and cause bleeding which may require emergency surgery.

8.Do not take pain medication on an empty stomach since this may cause nausea and vomiting.

9.Do not pull clothes over your head! You may injure the stitches around your earlobes because you do not have normal sensation. Please note that you do will not have normal feeling in your scalp, neck and cheeks for several weeks to months after surgery. The area of numbness will narrow as the months go by. Itching 10 days to 2 weeks after surgery is a normal occurrence and is part of the healing process.

10. After surgery, a head dressing will be applied. The bandages will be changed after 24 hours. Your face will be bruised after surgery. Most of this will resolve after 10-14 days.

11. After the dressings are removed, you may wash your face gently with water. Please DO NOT wear make-up without first checking with us. You may wash your hair with tepid water after one day. Be gentle! Use your fingertips or a large toothed comb. Dry hair thoroughly but gently with a hand towel or blow-dryer set on cool rather than hot. Reapply facial strap if you are using one. Be careful because you do not have normal feeling in your scalp or your face. Do not put rollers in your hair.

12.You may apply cover-up makeup after 5-7 days. Check with our office first.

13.You will receive instructions for scar management at your follow-up visits.

14.If you have any questions, please call the Connecticut office at 203-838-8844 or the New York office at 212-838-8844. If you have an emergency call 911 or go to the Emergency Room. The hospital will contact Dr. Kirwan directly.

15.**Watch carefully for excessive redness, swelling, bleeding, discharge, fever, or pain not relieved by medication. If any of these symptoms occur please contact our office immediately.**