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## PREOPERATIVE INSTRUCTIONS

1. Quit smoking. Smoking delays healing.
2. No food or drink (including water) for 12 hours prior to surgery.
3. Before coming to the hospital, wash the surgical area with any bath soap. Wear no make-up. Dress comfortably. Women: Do not wear any pantyhose.
4. *IMPORTANT*: no aspirin, ibuprofen products prior to surgery. Remind the doctor of any allergies you have to drugs.
5. Please take antibiotics the day before surgery. Have all prescriptions fill prior to surgery.
6. *All* patients that have IV sedations require someone to drive them home after surgery.
7. Do *not* operate any vehicle or any other equipment for 24 hours following your surgery.
8. Bring insurance or medical cards on the day of surgery.
9. If your insurance requires a referral, please obtain this several days prior to your office visit.
10. If your patient is a minor, a parent or guardian **MUST** be present to sign the operative consent the day of surgery.
11. Non-cosmetic patients: Check with your family doctor to see if they would prefer you to have the pre-op testing done in their facility. Pre-op testing should be done three weeks prior to your surgery.
12. If you have any questions, please feel free to ask.

## FACE LIFT Surgery



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## How should I prepare for surgery?

Do not sunburn or over expose to sun 2 weeks prior to surgery.

No aspirin or aspirin containing drugs may be used. Tylenol may be used in substitute.

Please notify us if you are taking a blood thinner.

Avoid alcohol at least 24 hours prior to surgery.

No food or liquid after midnight the night before surgery. These precautions are necessary for anesthesia.

Advise the doctor of any significant medical problems that affect your health e.g. high blood pressure, angina, heart failure or arrhythmia, diabetes, skin abscesses, kidney or respiratory infection, or blood coagulation problems.

Make arrangements for transportation to and from the hospital. A responsible adult must stay with you for 24 hours after anesthesia.

Wash face and hair the evening prior to surgery. Do not apply makeup or wear any jewelry on the day of your surgery. Do not apply creams or cosmetics.

You may want to purchase peroxide and unsterile gauze sponges.

Have on hand ice bags, non-sterile gauze sponges, Neosporin, and fluids such as Gatorade and juices for after surgery.

Complete all pre-testing and lab work 3 weeks prior to your surgery.

“**Arnica**” may be used to decrease bruising and may be obtained by calling 724-942-5800 or by visiting Sunny Bridge Natural Foods in McMurray. You may take **Arnica** by taking 4 tablets 4 times a day for 1 week, starting 1 day prior to surgery.

Fill your prescriptions prior to your surgery. Start your antibiotic the day before surgery. Other medication will be used after surgery.

Pain medication is prescribed to alleviate your discomfort.

Antibiotics will be prescribed. Take and complete as prescribed. Please alert the physician of any allergies to medications.

You may consider Zofran to prevent nausea. Your insurance may not pay for it. Ask the doctor for a prescription.

If you think you may have difficulty sleeping, Tylenol PM may be used.

If you care for family or pets, please make arrangements to have assistance for the first 7 to 10 days.

You may want to begin taking yogurt with active cultures daily following surgery.

Comfortable, loose fitting pajamas and clothing are recommended following surgery. Button up front shirts are preferable to pulling them over your head.

## What Should I Expect The Following Day After Surgery?

Report to the office: Any excessive pain, any rise in temperature over 100 degrees, chills, excessive bleeding, infection around the face, bluish discolor beneath the dressing, harness under the face, asymmetric changes in swelling or pain, facial weakness. Although uncommon, hematoma, nerve palsy, or infection, may occur after a facelift procedure, they rarely lead to permanent alteration, although the healing period may be prolonged.

Take medications as directed. No aspirin or aspirin containing drugs for 2 weeks.

Pain medication should be taken every 4-6 hours as

necessary to minimize discomfort. Avoid driving a vehicle or doing work requiring heavy concentration while taking medications. Alcohol should not be taken with pain pills.

Drink at least 8 oz. of fluids every 4 hours. No carbonated or caffeinated drinks for 24 hours.

A liquid or soft diet is generally necessary during the first 3-4 days post surgery.

Ice compress on the eyes will reduce swelling and be soothing to the eyes. Placing a large bowl with chilled water at the bedside and changing a cloth that has been dipped in the water may accomplish this.

REST is very important for the first several days post surgery. During the first 72 hours after surgery a family member or friend is generally needed to assist you with meals, bathroom and dressing changes.

Sleep with head elevated on at least 2 pillows, as comfortable as possible.

Expect some drainage or pink stain on dressings. If bleeding increases, please notify our office.

You may have drains on each side of your face. Please keep a record of output every 24 hours. You will be instructed in “milking or stripping” the tube to ensure patency (free flow) of the tube. You should do this 3 times a day. Please let us know if the tubes are not functioning properly. You may apply antibiotic ointment to insertion site to seal any leak.

The large compressive dressing around your face is to be changed at the doctor’s office at the first postoperative visit or in the hospital prior to discharge. Please bring a scarf to first postoperative visit to wrap around your head.

You may shower and shampoo hair once dressings and drains are removed. Pat hair gently with a towel and use a large wide tooth comb to tease hair apart. A hairdryer on warm (not hot) may be used.