

**Amelia Pare MD Plastic Surgeon 123 Hidden Valley Road, McMurray, PA 15317
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Mini-facelift

Preparation before surgery

Do not sunburn within 2 weeks prior to surgery

Do not plan any long trips for at least 4-6 weeks after surgery and minimize lifting while on those trips. No golfing or swimming for 4-6 weeks.

Avoid aspirin products for 20 days prior to surgery.

Wash face the evening prior to surgery and come to the office without makeup or jewelry. Wear comfortable clothing.

Arnica may decrease bruising and may be purchased at Sunny Bridge Natural Food stores in McMurray. You will only use the capsules; do not buy the gels or creams. Take as directed.

Fill your prescriptions in advance and take antibiotics the night before surgery.

What to expect the day of surgery?

The doctor will apply the numbing cream ½ hour prior to the procedure. The procedure will take 1-1 ½ hours and we recommend that you have someone else drive you home.

Postoperative instructions

1. You will probably experience minor pain or numbness at the wound site. An over the counter pain medications (i.e. Tylenol, Advil, Motrin, etc.) may be taken, unless you are specifically told to avoid them or have medical condition that prohibits their use.
2. If you have been given an antibiotic prescription, please have it filled. Take all of the medication until it is completed. You may want to begin taking a

probiotic or yogurt with active cultures daily following surgery. Antibiotics can be tough on your digestive system.

3. When appropriate, elevate the surgical site during the first 1-2 days. This will decrease swelling and throbbing. Applying ice to the area for 20 minutes on and 20 minutes off may also help.
4. Keep the wound clean. You may shower but do not submerge the wound in water. Leave steri-strips intact but remove dressing prior to your shower and you may replace it after the area is dried.
5. Do not submerge wound under water. No swimming or hot tubs until at least 4 weeks.
6. Avoid any trauma or injury to the wound and limit any activity that stress and/or strain the incision. Do not lift more than 8 pounds.
7. If you care for family or pets, make arrangements to have assistance for 7-10 days.
8. Do not smoke and avoid alcohol while on medication. Driving is permitted once the patient is no longer taking pain medications.
9. RETURN TO THE OFFICE FOR FOLLOW UP APPOINTMENT AS SCHEDULED at 1 and 2 weeks postoperatively
10. Sunscreen: Pick a SPF that is at least SPF 30. Use sunscreen that is for "Babies" or sensitive skin if it is irritating to your skin. Zinc oxide is white but can be the most affective. Zinc Oxide is water based and does not exacerbate acne prone areas. Apply sunscreen ½ hour prior to going out and re-apply every 2 hours. Use sunscreen liberally on scars. Once scars darken in the sun they do not lighten easily.
11. Please report any excessive pain, temperature over 100 degrees, chills, excessive bleeding, or infection at the wound site.
12. Drink at least 8 oz. of water every 4 hours and avoid caffeinated or carbonated beverages.