



PRE- AND POST-OPERATIVE INSTRUCTIONS FOR FACELIFT

Once your surgery is completed, you must follow all the instructions given to you in order to heal properly and have a good outcome.

Pre-Operative Guidelines:

1. Discontinue ASPIRIN or ASPIRIN-containing products, VITAMIN E and NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (such as MOTRIN or ADVIL) **2 WEEKS** prior to surgery. Aspirin and Vitamin E can increase bleeding. Avoid alcohol for 2 days before surgery and 7 to 10 days after surgery. You must stop smoking and/or using nicotine containing products **6 WEEKS** prior to surgery. Nicotine decrease oxygen to tissues and skin, thus delaying the healing process. You may be tested for nicotine peri-operatively.
2. You may receive prescriptions pre-operatively, please fill these prescriptions and have them ready at home prior to your surgery.
3. Shower the night before or morning of surgery and do not apply any lotions or creams to the skin prior to surgery. Do not wear any makeup, jewelry or contact lenses to the operating room. On the day of surgery plan to wear dark, comfortable clothing (gym attire is appropriate) and flat, comfortable shoes.
4. Do not eat or drink anything after midnight the night before your surgery. You may take morning medications with a sip of water.
5. Since you will not be allowed to drive after surgery, be sure to make arrangement for someone to pick you up from the hospital when you are discharged.
6. Notify the office immediately of any signs of fever, cold or infection during the week prior to surgery.

Medications:

1. **Narcotic pain medication (Tramadol or Oxycodone)** - You will be taking this medication as prescribed only as needed to help decrease pain postoperatively. Only take this medication if your pain is not relieved with the ibuprofen and Tylenol. Most patients require prescription pain medication only the first or second day after surgery
2. **Advil (Ibuprofen)** – You will be able to take 600-800mg every 8 hours in addition to narcotic pain medication, if not contraindicated (gastric ulcers, kidney failure, previous gastric bypass, etc.)
*Over the counter ibuprofen tablet is 200mg therefore 4 tablets=800mg. Do not exceed 2400 mg in 24 hours
3. **Tylenol (acetaminophen)** – You will be able to take 650mg every 6 hours in addition to ibuprofen and narcotic pain medication, if not contraindicated (liver disease, etc). Do not exceed 4000 mg in 24 hours

4. **Valium (Diazepam)** - This medication can be taken as prescribed on an **as needed basis** to help with anxiety and/or muscle spasms. **You may take 1 tablet the night before your scheduled surgery date.**
5. **Keflex (Cephalexin) / Clindamycin (Cleocin)** – If given antibiotics, begin taking your antibiotics the first postoperative night you return home. Take these medications as directed. *If you do not receive antibiotics please disregard.
6. **Phenergan (Promethazine) / Zofran (Ondansteron)** - Take this medication as prescribed on an as need basis to help decrease signs and symptoms of nausea/vomiting. *If you do not receive this prescription please disregard.
7. **Stool Softener** - The main complication associated with narcotic pain medication is constipation. We recommend taking Colace 100mg twice daily as well as Milk of Magnesia 15cc with each dose of pain medication until a bowel movement. This is just a recommendation. If you have a home regimen, please continue with this post operatively. If you have not had a bowel movement by postoperative day #5, take a stimulant laxative (ex: senna, dulcolax, fleet enema).

Post -Operative Guidelines:

After Your Surgery

1. Expect to feel facial tightness following surgery.
2. You may notice weakness of your facial muscles or blurred vision post operatively. This could last up to 24 hours after surgery and will subside once the numbing medication wears off.

DRESSINGS

1. After surgery you will not need any dressings on your face. If you wake up from surgery with a dressing on, please leave this on until your follow-up appointment. Your follow-up appointment will be scheduled 1-3 days post operatively.
2. To alleviate any discomfort and to reduce swelling, you may apply a cool compress to the treated area for 20 minutes every hour. Ice/Cold packs MUST be wrapped in a towel before being applied to the skin. Do not apply anything frozen directly to the skin.
3. After your surgery you will have JP drains in place. You should record the output from these drains every 8 hours. JP drain will likely be removed at your first post op visit pending the output.
4. You may shower and wash your hair with baby shampoo 48 hours post operatively. You can lightly wash over your incisions with soapy water, rinse and pat dry. Do not use any hair products/sprays/gels near your incision sites for one week. When brushing your hair, use caution near incision sites to avoid bristles disrupting the incision.
5. You can apply Vaseline or Aquaphor to your incisions after the first shower.

6. External sutures are usually removed after 1 week.

ACTIVITY

7. We encourage you to walk regularly after surgery.
8. Avoid bending at the waist for 72 hours post operatively.
9. We recommend sleeping with your head elevated for 7-10 days post operatively to help with swelling.
10. Avoid activities that make your pulse or heart race to prevent re-bleeding. Post-surgical bleeding can occur up to 10 days after any surgery.
11. Heavy exercise is prohibited for 10 days after surgery. You may resume light exercise 72 hours postoperatively.
12. Driving is permitted when you are no longer taking narcotic pain medications and feel you can safely and comfortably maneuver the car.

General Information/Commonly Asked Questions:

13. Swelling and bruising of the eyes and face are very common within the first 24-48 hours after surgery. Bruising may last up to 2 weeks and swelling may last 3-4 weeks.
14. Your scars may become red and lumpy post operatively. This is referred to as pleating and is completely normal. This will improve with time and scar massage. We encourage you to start scar massage 10-14 days post operatively. Perform scar massage twice daily using Vaseline/Aquaphor or scar treatment cream and continue this until the scars are flat and have faded. If you are in the sun, it is important to wear SPF 30+ on your incisions to prevent redness. Complete scar maturation may take as long as 12-18 months.
15. You may experience numbness near your incision sites postoperatively. This sensation is normal and will improve over the course of 6-12 months.
16. You may color your hair 3 weeks post operatively.
17. Ensure you have adequate protein intake postoperatively to facilitate healing. Drink plenty of fluids (8-10 glasses/day) for the first week to keep well hydrated.
18. Pain medication may cause nausea, if you experience this take anti-nausea medication prior to taking pain medication and avoid taking on an empty stomach.
19. Generally, you can return to work within one week of surgery.

20. When you call to make your follow-up appointment, please remind our staff of your surgery date and type of procedure so that you will be given a correct appointment date and time.

CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- A high fever, (over 101°) severe nausea and vomiting, continued dizziness or incoherent behavior, such as hallucinations.
- Any pain that cannot be controlled by your pain medication.
- Bright red skin that is hot to the touch.
- Excessive bleeding or fluid seeping through the incisions.

If you have routine questions or concerns, please call the office at (864) 560.6717. In case of emergency, call 911.