

Instructions for Facelift Patients

Before Surgery:

- Maintain a well-balanced diet prior to your surgery. Good nutrition is important for healing. If possible, increase your intake of protein. Take a multivitamin daily prior to and after surgery. It is also helpful to begin taking Vitamin C. You may take between 500 and 1000 mg three times per day. However, you should discontinue all vitamins and supplements for the two weeks prior to surgery.
- Do not take aspirin or aspirin-containing products, ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), or high doses of Vitamin E for two weeks prior to and after the surgery.
- You must have someone drive you to and from the surgery. It is recommended that someone stay with you the first 24 hours after surgery.
- On the morning of surgery, you may brush your teeth and rinse your mouth. Do not wear make-up, nail polish, jewelry, or contact lenses. Wear loose fitting clothing that can easily be removed and put on (button down or front zipper shirts are preferred).
- Do not eat or drink anything after midnight the night before surgery.
- If you smoke, you need to **STOP SMOKING** and avoid second-hand smoke. This is imperative to ensure proper healing.
- You may be given a homeopathic medicine called SinEcch (Arnica montana) that helps reduce swelling and bruising. Take one of the purple/peach colored capsules with a sip of water the morning of surgery.

Shopping List: (items that are helpful to have on hand before surgery)

- Gel ice pack or packages of frozen peas or corn that can be placed in clean pillowcase and used for ice packs after surgery for the first 24-48 hours.
- Soft food items such as soup, toast, yogurt, non acidic/non spicy juices and foods.
- Sun block-Use for 9 months after surgery to avoid sun exposure to your incisions.
- A scarf to wear home from the hospital and for follow up appointments.
- Hydrogen peroxide and Q-tips for suture line care-instructions will be given.
- Small child size toothbrush.

- A small cup may be easier to drink fluids from, especially if you have had work done around the mouth. A straw will also be much easier to use, unless you have had a lip augmentation or have excessive swelling in the lip area.
- Mild shampoo such as Johnson's Baby Shampoo.
- Makeup to use once incision sites are healed.

After Surgery:

- When resting keep your head raised on two to three pillows for one week following surgery. Sleeping in a recliner works well also. This will decrease swelling and discomfort.
- You will be given a prescription for pain medication. Take it as directed. It is important that the medication be taken with food to decrease stomach upset. You will be given a prescription for steroids to take as directed. This will alleviate swelling.
- Apply cold compresses or a gel ice pack to your eyes for 24-48 hours after surgery.
- You can expect to have a bulky head dressing and possibly two small drains from your incisions. These are usually removed at your post-operative appointment the day after surgery. Please bring your scarf to wear home.
- Swelling and bruising will increase over the first few days after surgery and then the majority will resolve over 10-14 days.
- Sutures in front of the ears, if they are apparent, will be removed within one week after surgery. Scalp sutures will be removed within 1-2 weeks after surgery.
- Perform suture line care as directed. Instruction sheet provided.
- You may shampoo your hair after the head dressing is removed. Use lukewarm water and a mild shampoo. Do not rub your scalp. Pat dry and use cool settings on your hair dryer, staying away from the suture lines.
- Avoid sun exposure to surgical area for 9-12 months; use your sunscreen!
- Permanent waving or hair coloring should not be done for 4-6 weeks after surgery.
- The elastic facial garment received at your first post op visit should be worn continuously for 1-2 weeks. Continue to wear this at night for three weeks.

- Do not participate in strenuous exercise (jogging, aerobics, or tennis) for three to four weeks after surgery. Walking is permitted and encouraged.

Any sudden or excessive swelling, bleeding, fever or vomiting should be reported at once.

If you have any questions or concerns, please do not hesitate to call the Plastic Surgery office at 414-805-5440 during business hours.