

FACE LIFT SURGERY INSTRUCTIONS

BEFORE YOUR SURGERY:

Preliminary

1. Since aspirin and ibuprofen can cause increased bleeding in some people, it is important to avoid medicines which contain these substances for two weeks before and two weeks after surgery. If in doubt about what you are taking, PLEASE CHECK WITH YOUR PHYSICIAN OR PHARMACIST. It may be necessary to cancel your surgical procedure if medications containing aspirin or ibuprofen have been taken.
2. We request that smokers stop smoking and eliminate exposure to tobacco smoke for 2 weeks before and 2 weeks after surgery to reduce the risk of decreasing blood supply to your healing tissues.
3. Report any sign of a cold, infection, boils or pustules appearing before surgery.
4. Arrange for someone to drive you home, or to where you are staying, after surgery. Public transportation, including taxis, are not satisfactory. You must have someone stay with you during the first 24-hours following surgery.
5. Arrange for someone to care for your elders or children at home on the day of surgery and for 3 days following surgery.
6. The night before surgery, shower and wash your hair, face and neck for 10 minutes with soap and water. Do not put cream on your face afterwards. Do not set or style your hair. MEN: Please cut your hair the week before surgery and shave on the morning of surgery.
7. You may color or bleach your hair up to but no later than one day before surgery. No further coloring until approximately 3 weeks after surgery. Do not invest in an expensive hairdo immediately before surgery.
8. Plan to take 2 weeks off from work.
9. If you have any questions before your operation, please call our office (425) 228-3187 weekdays between 9:00AM and 5:00PM.

DAY OF SURGERY:

1. Have nothing to eat for 6 hours before surgery. You may drink small sips of water up to 3 hours before surgery.
2. Do not apply cosmetics to your face or eyes. Do not apply false eyelashes.
3. Do not take medications of any kind unless otherwise instructed by your plastic surgeon. Your pre-op medications will be given to you upon arrival.
4. Wear comfortable, loose-fitting clothes which do not have to be pulled over the head.
5. Do not wear any jewelry except wedding rings.
6. Bring a scarf to wear after your operation.
7. You must have someone drive you home after surgery. Upon arrival to the clinic, give the nursing staff your driver's name and phone number, as well as the address and phone number of where you will be staying the night after surgery.
8. You MUST have someone spend the rest of the day and first night with you. Additional instructions and prescriptions can be given to the person caring for you. Prescriptions should be filled promptly.
9. You are not to drive or operate any mechanical tool or device following surgery because of the possible lingering effects of medication.

AFTER YOUR SURGERY:

1. An appointment for your first post-operative visit will be made before you leave the clinic.
2. Bed rest for 24-hours with head elevated on pillows. Be careful to keep chin at 90 degree angle to neck.
3. For the first 2 weeks **do not turn or move your neck**. You must turn your whole body keeping your chin at a 90 degree angle to your neck.
4. Until sedation wears off, please do not go to the bathroom unassisted.
5. Take medications according to the instructions on the bottle. If taking strong narcotics or if pain medications make you feel "spacey" or drowsy, have someone else give you your medication according to proper time intervals. Under such circumstances, you could forget and take them too often.
6. Your diet should consist mainly of liquid and soft foods.
7. Take the pain medications prescribed **before** the numbness from the local anesthetic has worn off to maintain good control of discomfort.
7. No hot or warm compresses.
8. It is not uncommon on the 3rd or 5th post-operative day to feel some depression.
9. Avoid pulling or tension on lobes to prevent wound separation. You may wear earrings when sensation has returned to your ear lobes.
10. A tight feeling around your face is normal and will probably last 2-3 weeks. You may wear make-up on the 7th day after surgery.
11. No alcohol for 4 days after surgery or while taking pain medication.
12. You can expect moderate discomfort (use pain medicine), moderate swelling, black and blue discoloration, bloodshot eyes and slight signs of blood.
13. Call (425) 228-3187 if you have:
 - severe pain not responding to medications
 - if medication causes nausea, a rash or other side effects
 - marked swelling or obviously more swelling on one side than the other
 - if the bandages seem too tight
 - any other questions or problems
14. You may wash your hair when bandages are removed, usually in 5 days. Dry hair gently with a towel or cool dryer. Do not use a hot hair dryer. In a salon, no scalp massages. Do not set your hair in rollers. Do not use heated rollers or a curling iron. Be especially careful of any areas of numbness around the earlobes or temples, so as not to burn these areas. If healed, you can color or bleach your hair 3 weeks after surgery.
15. If a suction drain is used, keep it compressed at all times.
16. Avoid prolonged exposure to sun and heat for 3 months to avoid swelling.
17. Avoid sports and strenuous activities for 4 weeks.
18. Avoid driving for 1-2 weeks post-op. Arrange for someone to drive you to follow-up appointments.
19. Feel free to call upon us at any time. We want you to be as comfortable as possible during your healing period.