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— AMERICAN BOARD OF PLASTIC SURGERY —

## FACELIFT INSTRUCTIONS

(310) 277-3223

### **BEFORE SURGERY**

1. **ASPIRIN**: **AVOID TAKING ASPRIN, IBUPROFEN, OR ASPIRIN-CONTAINING COMPOUNDS FOR TWO WEEKS BEFORE AND AFTER SURGERY.** Be careful; many medications sold over the counter contain small amounts of aspirin. Aspirin interferes with coagulation and can cause excessive bruising or bleeding after the operation. Please read the document “Medications to Avoid Before and After Surgery”.
2. **ALCOHOL**: Avoid drinking alcohol for 48 hours before surgery. Alcohol interferes with some of the medications that are given during and after surgery.
3. **SMOKING**: Smoking is **absolutely not permitted** for at least **TWO MONTHS** before or after surgery; if this seems unusually cruel and unfair, please discuss with me personally; **it is that important! Even the use of a Nicotine patch or Nicorette gum is not desirable during the month prior to your surgery.**
4. **SUN EXPOSURE**: Do not burn or tan your face for **two weeks** before surgery.
5. **HAIR CARE**: Please shampoo your hair before retiring the night before surgery. If you tint, dye, or bleach your hair, this should be done no later than 3-4 days prior to surgery.
6. **SKIN CARE**: Continue your regular skin care routine. Please wash your face thoroughly before retiring the night before surgery. **Do not wear makeup or moisturizer on the day of surgery.**
7. **MEDICATIONS**: Continue to take your routine medications until the day of surgery. Please check with the office to determine if these medications should be taken the morning of surgery.
8. **ATTIRE**: Wear a comfortable, loose-fitting shirt or warm-up suit that buttons or zips. You will be more comfortable wearing a bathrobe and slippers. Do not wear any panty hose or high-heeled shoes. Do not wear contact lenses of any type to surgery.
9. **VALUABLES**: The Surgical Facility is not responsible for any valuables; therefore, we suggest you remove all types of jewelry and leave them at home. Please do not bring a purse on the day of surgery, but bring a credit card so we may call in any necessary prescriptions or if you are staying at an after care facility.

10. **ANESTHESIA**: Our anesthesia provider will be calling you on the evening prior to surgery. Patients find it a good opportunity to chat and ask questions regarding their anesthesia, and tend to be more relaxed the following morning. Please try to be home to receive the phone call; if not, let us know where you might be reached.
11. **ILLNESS**: If you become ill or develop any signs of infection on your face, **please notify the office at once.**
12. **DIET: DO NOT EAT OR DRINK AFTER MIDNIGHT ON THE NIGHT BEFORE YOUR SURGERY**

## **AFTER SURGERY**

1. **ACTIVITY**: On the day of surgery remain in bed. You are allowed up to the bathroom with assistance and for meals.
2. **DIET**: Begin with cool clear liquids. You may advance to a cool, soft diet later that day as tolerated. Avoid hot, steamy liquids or foods for more than 72 hours after surgery.
3. **DRESSING**: Your face and/or forehead will be bandaged with cotton and linen after surgery. This bandage may feel somewhat tight due to the swelling which will routinely develop. Some bruising may be noted beneath the edges of the dressings. Excessive swelling, uneven swelling (more on one side than the other), or increasing pain should be reported to the office.
4. **COOL COMPRESS**: If eyelid surgery was performed, cold compresses must be applied the day of surgery and the entire following day. We will provide you with gauze and instructions. Many patients prefer to use small “beanbags” made from frozen peas tied into baggies and stored in the freezer. It is expected that occasionally the white portion of the eye may become red or discolored.
5. **ALCOHOL AND ASPIRIN**: Do not drink alcohol for at least 48 hours after surgery. You should not consume any alcohol while you are still taking medication for pain or sleep. Do not take aspirin or aspirin-containing compounds for **two weeks** following surgery.
6. **GLASSES AND CONTACTS**: You may wear glasses immediately after surgery. Place the ear supports of the dram outside the bandage. Contact lens wear may be resumed **seven days** following eyelid surgery.
7. **MEDICATION**: Antibiotics are to be taken for several days after surgery, to prevent infection. You will also be given medication for pain and sleep. These are not necessary unless you need them, and should be only required for a few days. Resume your routine medications on the day after surgery.

8. **HAIR:** You may wash your hair on the second day following surgery. If you are still at the aftercare facility, they will do this for you, or in the shower. Blow dry your hair on the low heat to prevent possible injury to your scalp, which may be numb for several weeks. Hair color may not be applied until **5-6 weeks** after surgery. Scarves and loose-fitting hats work well to hide swelling and bruising.
9. **HYGIENE:** You may wash the central portion of your face (nose, lips, and chin) on the day after surgery. You may shower as soon as you feel strong and steady enough. Makeup may be applied after **ten days**, avoiding the suture lines and be extremely careful to remove makeup gently.
10. **HEAD POSITION:** It is extremely important to maintain chin position at 90 degrees up and away from the chest; otherwise, serious problems can arise in the skin of the neck and behind the ears. Avoid the tendency to put a mountain of pillows behind the back of the neck; this is the worst thing you can do! Place the pillows in a wedge pattern that begins behind the small of the back and gradually widens up toward the head. Elevated chin angle should be maintained for at least **seven days** following surgery.
11. **CHIN STRAP:** You will be given a soft chin strap to wear after your dressings have been removed. The strap is to minimize swelling and should be worn whenever you are at home (including sleeping) for **two weeks**, or longer if we so advise.
12. **DRIVING:** Do not drive until instructed to do so; usually **7-9 days** after surgery, and not until the head can be safely turned from side to side with no blind spots. **You may not drive while taking pain medication.**
13. **ATTIRE:** Wear clothing that buttons or zips to avoid contact with your ears. No clothing that goes over your head (e.g.: a T-shirt) for **three weeks** after surgery.
14. **EARRINGS:** No earrings (pierce or clips) for **four weeks** after surgery.
15. **SMOKING:** No smoking for **TWO MONTHS** after surgery (no cheating!)
16. **SUN EXPOSURE:** Do not tan or expose your face to direct sunlight for **three months** following surgery. If you are planning to be in the sun for a prolonged period of time, use a sun screen with an SPF of at least 15+ to protect your face.
17. **EXERCISE:** Strenuous activities (running, aerobics, weight training, swimming, tennis, etc.) must be avoided for **three weeks** after surgery. You may walk after **three days** and use a stationary bike, Stairmaster, or walking treadmill after **two weeks**.

**FOR ROUTINE QUESTIONS, A NURSE OR PHYSICIAN WILL BE AVAILABLE TO  
SPEAK WITH YOU WEEKDAYS BETWEEN 9 AM AND 6 PM.**

**FOR EMERGENCIES, TELEPHONE ANY TIME DAY OR NIGHT.**