

## **GETTING READY FOR FACELIFT SURGERY**

**What to expect** - You can expect to have noticeable swelling and bruising for 2-3 weeks, and slight swelling for up to 12 weeks.

You may wear some make-up 7-10 days after surgery to conceal bruising once sutures are removed. Our medical aesthetician will gladly provide complimentary guidance in camouflage makeup application for post-surgical discoloration.

### **6 WEEKS BEFORE SURGERY**

Your surgeon may request you abstain from smoking and all tobacco products 6 weeks before and 6 weeks afterward. Failure to abstain from tobacco may result in your surgery being postponed or canceled as this complicates the healing process.

### **2 WEEKS BEFORE SURGERY**

**Medications** - Discontinue Aspirin and Aspirin-like products, Ibuprofen (Motrin), Naprosyn (Aleve), Vitamin E tablets and certain herbs like Ginkgo Biloba, St. John's Wort, Ephedra. If you take other herbs or vitamins, please phone our office. You may take Tylenol (Acetaminophen) at any time.

**Hospital Fees/Pre-Admission appointment** - Hospital fees are paid at the pre-admission appointment, which must occur before surgery, unless otherwise directed by your surgeon.

**Surgeons fees** - are due at this time.

### **BEFORE SURGERY**

**Diet** - Do not eat or drink after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

## **POST-OPERATIVE INSTRUCTIONS**

### **FIRST 24-72 HOURS AFTER SURGERY**

- Your greatest discomfort will occur the first 24-48 hours following surgery, and maximum swelling 48-72 hours post-surgery. During this time, take all medication as prescribed. It is helpful to take pain medication with crackers or toast to avoid nausea which may occur if taken on an empty stomach. Also, if you are given additional prescriptive medication by your surgeon, please take as directed.
- Place ice-packs or cold compression on your face during the first 8-24 hours. This will help prevent bleeding and reduce swelling. Something that works well is an 8-10oz plastic bag of frozen peas. These are light and can be refrozen. Or, you may use crushed ice inside a moist rag.
- Keep your head elevated with 2-3 pillows for the first few nights. Place a towel on pillow to protect it from expected drainage.
- You will have a bulky head-dressing, and possibly a drain in place. This will be removed the following day by the nurse.

### **MEDICATION**

- Take all medication as prescribed. Avoid Aspirin and Aspirin-like products for 2 weeks after surgery. Tylenol (Acetaminophen) can be taken. Please limit Acetaminophen to 4 grams (4000mg) in a 24 hour period.

### **DIET**

- Eat and drink easily digested foods such as Jell-O, ginger ale or canned soups. Liquids should be easily tolerated before advancing to solid foods. If you are not nauseous you may resume your normal diet.
- Drink plenty of fluids and eat fruit and high fiber foods to avoid constipation.

### **HYGIENE**

- After your first post-op office visit you will be placed in a chin strap, and you may remove this the following day to wash your hair. Washing your hair and showering is permitted the day after surgery. Gently rub over the sutured areas. You may add a small amount of hydrogen peroxide to your shampoo to dissolve any small blood clots. This will help remove any dried drainage. Pat incisions dry. Towel or blow dry your hair with no heat. Do not sit under a hot dryer.
- Have someone assist you with bathing while you are taking pain medication.

### **ACTIVITY**

- Place ice-packs or cold compression on your face during the first 8-24 hours. Something that works well is an 8-10oz plastic bag of frozen peas. These are light and can be refrozen.

- Keep your head elevated with 2-3 pillows for the first few nights. Place a towel on pillow to protect it from expected drainage.
- You do not have to remain in bed. You may walk for short distances. Some walking is important to help prevent clots from forming in your legs. Let comfort be your guide. If it hurts, back off some.
- No heavy lifting or vigorous exercise for 2 weeks.
- Limit phone usage to prevent infection.
- Light cooking is permitted.
- Avoid bending over from the waist. Bend from the knees.
- Driving: Do not drive the first 24 hours following surgery. If you been off prescriptive pain medication for 24 hours, you may drive.
- Check your surgeon before resuming jogging, aerobics, sexual activity or any vigorous exercise. General routine activities can be resumed 3 weeks following surgery.
- You may want to stay off work for 1 - 2 weeks after surgery.
- Avoid sunbathing for 2-4 weeks until cleared by the doctor.
- Do not smoke for 6 weeks as smoking retards the healing process.

#### **WOUND CARE**

- Use hydrogen peroxide to remove dried drainage around the incisions. Repeat once a day for 2-3 days.
- If you have Steri-strips over incisions, leave them in place.
- Use hydrogen peroxide and Q-tips to remove any dried drainage along suture areas.
- It may be helpful to clean the sutured areas before washing your hair in the morning then cleaning only the sutures before bed.
- Check with your surgeon before you use any bleaches or chemical coloring on your hair. Usually hair treatments are permissible approximately 4-6 weeks after surgery.

#### **MAKE-UP**

- Our medical aesthetician will gladly provide you with expert guidance in camouflage makeup using exclusive corrective cosmetics for temporary postoperative skin discoloration and bruising.

#### **NOTIFY YOUR DOCTOR IF**

- You have a fever of 101 degrees or more which lasts for 24 hours or longer.
- You develop any excessive swelling, redness or warmth of incisions.
- You experience severe pain not responding to prescribed pain medication.
- You develop thick, odorous drainage or bleeding that doesn't subside.
- You have any shortness of breath.

© Center for Plastic Surgery | 3555 S. National, Springfield, MO 65807

| Office: (417) 875-3246 | Fax: (417) 875-3810 shh 01/06