

FACELIFT INSTRUCTIONS

At your preoperative appointment you will be provided with all of the instructions for before and after facelift surgery. During this appointment you will be given the necessary prescriptions for the recovery period. It is recommended that you fill these prescriptions prior to the date of surgery. We ask that you remain on your daily medications unless instructed otherwise. Most daily medications can be taken with a sip of water on the morning of surgery. Please ask your surgeon and anesthesiologist to confirm which medications are OK to take.

MEDICATION & SUPPLY CHECKLIST

1. Antibiotic (Keflex or Clindamycin) – Instructions will be on the bottle
2. Norco or Percocet – 1 or 2 pills as needed for pain every 4-6 hours. Take with food
3. Medrol Dose Pack (prevents swelling) - start the day after surgery. Follow instructions on the package.
4. Zofran ODT – as directed if prescribed for nausea
5. Hydrogen Peroxide (purchased over- the- counter)
6. Antibiotic Ointment (e.g. Bacitracin, Poly-sporin, Neosporin - purchased over- the- counter)
7. Valtrex- 1 pill two times per day. Prescribed to prevent cold sore breakouts if resurfacing is done simultaneously.
8. Aquaphor Ointment (purchased over- the- counter)
9. Arnica (a natural herb that significantly decreases bruising - purchased over- the- counter)
10. Make-up – In some instances this may be useful to camouflage bruising or redness after surgery. Please do not apply to incisions until cleared by Drs. Lieberman or Parikh.

THREE WEEKS BEFORE SURGERY:

- Medical clearance must be obtained from your primary medical doctor 2 weeks before surgery. If laboratory tests, EKG or a chest x-ray are done as part of that work up, you are responsible for getting those results to our clinic 10 days before surgery. All results and doctor letters can be faxed to us directly at (650) 327-1973.
- **SURGERY WILL NEED TO BE RESCHEDULED IF THERE IS ANY CHANCE YOU ARE PREGNANT.**
- If you are planning to have a haircut before surgery, please do so three weeks before surgery.
- All fees are due 3 weeks before surgery, including surgical, facility and anesthesia. Payment can be made by cash, check or credit card.

TWO WEEKS BEFORE SURGERY:

- Do not take any products containing aspirin, ibuprofen (eg. Advil, Motrin), Vitamin E, Omega-3, Flaxseed Oil, Fish Oil. Check with your pharmacist when taking any over-the-counter medications. Many pain relievers, cold and sinus medications contain aspirin or ibuprofen. Tylenol is OK.

- **If you are on any medications that affect bleeding (such as Coumadin or warfarin) please notify the office immediately.**
- Please avoid herbal supplements for two weeks prior to surgery, including ginseng and garlic.
- Refrain from all nicotine products, including cigarettes, pipe tobacco, chew or “the patch.” Nicotine interferes with healthy circulation and may affect the result of your surgery, including causing skin loss. It also places you at higher risk of complication when receiving anesthesia. Please refrain from nicotine products three weeks following facelift surgery.
- Start taking 1000 mg of Vitamin C three times per day. Vitamin C helps with healing.

ONE WEEK BEFORE SURGERY:

- Do not drink alcohol for 1 week before and after surgery.
- If you perm or color your hair; it should be done 1 week before and/or 5 weeks after surgery.
- Pick up post-operative care items: Q-tips, gauze pads, tape, peroxide, triple antibiotic ointment.
- Arnica Montana- start taking 3 days before surgery. 3 pellets dissolved under your tongue 3 times a day, 30 minutes before meals.

DAY BEFORE SURGERY:

- The Surgery Center will call you after NOON to inform you of your arrival time for surgery.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT (this includes all foods, water, gum chewing, mints and candy). SURGERY MAY BE CANCELLED IF THIS IS NOT FOLLOWED.** A fasting state is required in order to receive sedation for surgery.
- If prescribed, START Valtrex, one pill two times per day, Valtrex prevents cold sore breakouts.

DAY OF SURGERY:

- Go to designated surgical location.
- You may shower and shampoo the morning of surgery. Do not use hair conditioner. Do not wear makeup, hair sprays or gels, or nail polish. You may leave acrylic nails on. You may brush your teeth **but do not swallow the water.**
- Avoid clothing that must be pulled over the head. Please wear loose fitting clothing.
- Do not wear jewelry of any sort or bring valuables to surgery.
- A scarf can be worn to camouflage a soft bandage that surrounds the cheeks, ears and upper face.
- Men must shave morning of surgery.

POST-OPERATIVE INSTRUCTIONS

FACELIFT

These instructions should be carefully read and followed. They are designed to answer the most commonly asked questions regarding post-operative care.

IMMEDIATELY AFTER THE PROCEDURE:

When you wake up from facelift surgery you will notice a soft, bulky head wrap dressing. Attached to your head dressing are two small drains. These drains collect excess fluids and help prevent infection. Following your facelift, the nurses will ask you to meet the discharge criteria: to drink liquids, walk with a steady gait, void, manage your discomfort, and monitor and empty the drains. For patients who have a combination of plastic surgery procedures such as an eyelid lift, your vision may be cloudy from the ointment we place in your eyes at the time of surgery. The nurses will review all instructions you will need for care following your facelift. Please refer to "Caring for your drain" handout.

Dr. Lieberman and Dr. Parikh like to see all patients after surgery early and often. You will be asked to come to our office the following day after facelift surgery for a dressing change and drain removal. You will be asked to return in four to five days after your facelift for your first suture removal. You will likely have an appointment at 7 and 10 days after surgery for the completion of suture removal. When all sutures are removed you may then begin wearing make-up to camouflage any residual bruising or redness.

THE FIRST 24 HOURS

Wound care: Keep dressing dry and intact the evening after facelift surgery. Notify your doctor if the dressings become loose or fall off. It is easy to monitor the drainage. A nurse will show you how at the time of discharge and provide you with "Caring for your drain" handouts.

Following dressing removal the morning after surgery, an elastic (ace) wrap will be applied. The bandage removal is not painful nor is the application of the elastic (ace) wrap. We will again instruct you on suture care.

Cleaning the suture with a Q-tip dipped in hydrogen peroxide and then applying the antibiotic ointment (polysporin/bacitracin) at least twice a day is an essential part of the healing process. Sutures that have been kept lubricated with ointment are less painful to remove and allow the incision lines to heal with minimal scarring. Keep the elastic ACE wrap in place at all times after cleaning sutures and incision lines.

Activity: Sleep with head of the bed elevated or use two to three pillows. Absolutely no bending, lifting or straining. If you have little children, bend at the knees or sit on the floor and let them climb on to your lap.

Shower/Bathing: Bathing is ok as long as you don't get your incisions/hair wet for a minimum of four days after surgery. You are encouraged to shower and wash your hair twice: the evening before and morning of suture removal (usually post-op day four or five). Shower in tepid water even though the sutures are present. Slowly and carefully clean your hair by rolling it between your fingers. Four days of bandage enclosure and the anesthetic solution have left your hair stiff and dry. This is normal and quickly goes away.

Baby shampoo acts as a good softener. The hair you'll see in the shower drain belongs to the redundant scalp skin removed at surgery.

After sutures are removed, steri-strips will be applied. Steri-strips should remain dry and in place for two to three days.

Diet: Advance diet from liquids to soft food to your regular diet as tolerated.

Ice after Facelift: During the day and evening of surgery, cold moist compresses are used continuously over the cheeks to minimize swelling and control bruising (20 minutes on, 15 minutes off). Puffiness and bruising can occur but if present usually regresses quickly over the next few days. There are several techniques for icing which are effective. A plastic glove filled with ice or cool compresses are the preferred methods. Icing for 24-48 hours is recommended, icing after this period can be used for comfort.

Pain: Discomfort following facelift surgery is usually limited to the two or three hours just after the procedure. The prescription for pain tablets that you have received is more precautionary than necessary, but please have it filled and available at your home bedside. Take pain medicine with milk to avoid any stomach upset. Most patients switch to extra strength Tylenol on the first day of recovery.

Medications : Most patients complain of pressure from swelling more than pain. Use pain medication (most commonly Norco or Percocet) as directed/as needed. Norco and Percocet contain Tylenol. Do not take additional Tylenol or acetaminophen while taking these pain medications. Please ask your pharmacist or doctor if you have any questions or concerns.

Do not drive or drink alcohol while taking pain medication.

Side effects of pain medications can include nausea and constipation. Taking pain medication with food can minimize nausea. Over-the-counter laxatives are indicated if constipation persists.

Start your antibiotic when you arrive home following the facelift procedure. During your surgery you received antibiotics through your IV. Take antibiotics as directed until gone.

Start the prescription for swelling medication (most commonly Medrol Dose pak/methyl prednisolone) the day after surgery.

THE FIRST WEEK:

ACTIVITY

Limit your activity over the first week following surgery. You are encouraged to walk about the house, but avoid bending over at the waist, picking up heavy object or straining of any kind. If you overexert yourself, bleeding or prolonged swelling may result. When you rest or sleep, keep your head elevated on 2-3 pillows and avoid turning

on your side. It is not unusual to feel a bit depressed for a few days after surgery. This quickly passes as you begin to look and feel better. Anger, crying, or other emotional outburst will only add to the swelling or increase the likelihood of bleeding. Drink plenty of fluids and avoid foods that require much chewing.

Smoking should be strictly avoided as it interferes with the blood supply to the healing tissues and slows subsequent healing. Alcohol consumption should also be limited as this may raise the blood pressure and initiate bleeding. Please avoid completely during the first week.

Small amounts of food 20 minutes before taking postoperative medications can prevent nausea. Take only 2-3 ounces of clear liquids at hourly intervals until the nausea subsides. Discontinue pain medications until nausea passes. With assistance you may bathe in a tub. You will be asked to wash your hair on postoperative day four or five, just prior to suture removal. This is to protect the sutures from getting wet. You may carefully wash your face with mild soap (Lowila, Cetaphil, Basic, Obagi Gentle Cleansing) and a clean washcloth or cotton balls. Avoid irritating any of the incision lines. Keep them from crusting with peroxide and a light coating of prescribed ointment or pure petroleum jelly- described below.

You may slowly resume your activities beginning the first week. Let your body tell you how much to do. Exercise may be resumed in 3-4 weeks. Build up to this level slowly. In any event, do not strain or grimace your face. Avoid excess sunlight. Even mild sunburn may cause prolonged swelling or irritation of the healing incisions. Do not compare your progress with that of other patients. Remember that everyone heals in their own unique way. Also, if you have any questions or concerns, call on us. Your family and friends may mean well, but we can probably give you better information.

PAIN, SWELLING, BRUISING, INFECTION:

It is unusual to have significant pain after aging face procedures. If the prescribed medication does not control pain, please report this to us. There is discomfort, of course, but remember that this will quickly pass. Some swelling and bruising is to be expected. Bruising is treated with Arnica. Swelling and bruising is maximal at 48 hours post-surgery and gradually subsides over the following ten days. Infection is also unusual. Fever, localized swelling with redness and tenderness may signify a developing infection and should be reported. Appropriate treatment will be initiated.

HOW TO TURN YOUR HEAD AFTER FACELIFT

Your neck and jaw will likely feel tight in the postoperative period. Ten days after surgery you may begin neck range of motion exercises. Perform these exercises several times per day for one to two minutes at a time. You will notice the tightness quickly subsides.

WHAT TO EXPECT DURING HEALING

In front of the ears, behind the ears and in the ear lobes, there is a mild numbness to the touch. This is always a part of the facelift procedure.

This numbness begins to disappear in a couple weeks, moving from front to back. It may take three months for sensation to return to the area. In very rare instances some numbness may persist.

At the end of the first week and the beginning of the second week, you may feel a little blue or depressed. 'This common reaction to facelift surgery is transient. In the next few days, as the bruising fades, the swelling subsides and you resume your normal life, a sense of elation replaces the down feeling. This "blue" feeling may occur even though you have read about it and tried to avoid it.

Sun Exposure: Always protect your face from the sun. At this point, a hat and sunglasses are a good idea. Following facelift surgery, our staff will tell you when it is ok to apply sunscreen, cosmetics or facial creams. Avoid prolonged sun exposure for three weeks after surgery. Avoid unprotected prolonged sun exposure for three months following facelift surgery to prevent pigmentation of incision lines.

Please Remember! Swelling, bruising and disrupted sleep are very normal postoperative facelift symptoms and will decrease as the healing process occurs. Assistance with daily activities the first day or two after surgery is recommended.

Common Instructions After Surgery

- A responsible adult must provide transportation for you after surgery (no public transportation).
- A responsible adult must stay with you until the morning following the procedure.
- You will need to arrange transportation for your appointment on the day following surgery.
- Avoid making major decisions for 24 hours after surgery.
- Do not drive for 24 hours after surgery or any time you are taking pain medication.
- Do not drink alcohol for 1 week.
- Sleep with your head elevated on 2-3 pillows. This helps to prevent increased swelling.
- Avoid bending, lifting, straining and aerobic activities for 2-3 weeks.
- Soft foods will be easier to eat after facial surgery.
- Keep your dressings dry. You may bathe but not shower.
- You are encouraged to walk around the house on the day of surgery and thereafter. This helps to prevent blood clots from developing in the legs.
- Move/pump your legs frequently while lying down. This helps prevent blood clots from developing.
- Take deep breaths often when you get home and for the first 24 hours after surgery. This helps to expand the base of your lungs.
- Take all medications as instructed post operatively.
- Swelling and bruising are normal in the immediate postoperative period. This will gradually decrease over the first few weeks. Camouflage makeup consultation is available.

- Avoid direct sunlight to the incision(s) for at least a year. Use sunscreen with zinc oxide and SPF 30 or greater to help decrease the visibility of the scar.

INCISIONAL CARE: FACELIFT

Lightweight ice packs may be used within the first 48 hours after surgery to help with swelling. Never apply ice directly to the skin. Gauze pads dipped in ice water works well.

- Clean incisions around your ears and under your chin with peroxide, then apply polysporin ointment twice a day. This will be reviewed in the clinic after surgery.
- Wear ace wrap at all times for the first 5 days, then at night only for an additional 7 days.
- Wash hair before postoperative appointment on day 4/5.

CALL THE OFFICE IF YOU DEVELOP ANY OF THE FOLLOWING:

- Fever of 101 degree F or greater.
- Pain not relieved with pain medication.
- Swelling, redness, bleeding and or foul drainage from an incision site.
- Persistent nausea and/or vomiting.
- Any other concerns.

Office telephone: **(650) 327-3232** (same number after normal clinic hours)

I HAVE READ THIS DOCUMENT/IT HAS BEEN EXPLAINED TO ME AND I UNDERSTAND ALL OF THE INSTRUCTIONS PROVIDED.

Patient Signature: _____

Date: ____/____/____

Print Patient Name: _____

Witness Signature: _____

Date: ____/____/____