

INSTRUCTIONS FOR GENERAL ANESTHESIA FACELIFT PATIENTS

Maximize your results after surgery by following these basic before and after treatment instructions. Please contact our office with any questions.

2 WEEKS BEFORE AND AFTER

- No smoking (it is advised that patients quit smoking 6 weeks before surgery).
- No aspirin, ibuprofen, Motrin, Advil, Aleve or similar anti-inflammatory medication.
- Other blood thinners, such as Coumadin or Plavix, must also be discontinued under the guidance of your primary care physician.
- Patients over 50 years old must have an EKG (please allow 1 week for results to be generated).
- No herbal medications, supplements, red wine or teas. Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort.

2 DAYS BEFORE

- Start an over the counter stool softener 2 days before and continue while taking your pain medications. Pain medication and anesthesia slow down the gastrointestinal tract.
- Arnica Montana should be started 2 days before. No alcohol.

DAY OF PROCEDURE

- Designate a responsible adult to bring you to and from the procedure. You must have a responsible adult with you for at least 1-2 days after surgery.
- Remember nothing to eat or drink after midnight the night before, this means no gum, candy, mints, water, cigarettes, or medications unless otherwise instructed.
- Arrive 1 hour before your scheduled time.
- Please no lotions, creams, body piercings or makeup the day of surgery.

AFTER

- Numbness around the neck, cheek, face, and ears is common.
- Bruising on the neck that spreads to the upper chest is common. Use frozen peas in Ziploc bags to reduce pain and swelling for 48-72 hours after surgery.

DIET

- Advance slowly from liquids to soft, then solid foods.
- No gum chewing, crunchy or chewy foods for the first week after surgery. Low in sodium diets will minimize swelling. Fresh pineapple helps minimize bruising.

ACTIVITY

- Sleep with your head elevated for the first 72 hours to help reduce facial swelling.
- Avoid blowing your nose and avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open.
- Do NOT bend over or hang your head down.
- No heavy lifting, straining, or strenuous activity for at least 2 weeks.

WOUND CARE

- Dressings are removed the first postoperative day. We will put you in an elastic facial support garment to be worn 24/7 for 1 week (remove to shower): nighttime use will continue for up to 3 weeks.
- Postoperative Days 1-5 antibiotic ointment may be applied to post auricular incisions twice a day; otherwise **NO LOTIONS, CREAMS OR OINTMENTS** are to be put on open incisions unless directed by physician.
- Arnica Montana cream may be used on the chest and neck area if bruising is present.
- Showering is permissible the day after surgery. Hair washing is permissible with a gentle shampoo. Keep blow dryer on cool setting and exercise caution while brushing hair. Keep the incision dry.
- You may wash the area with a mild soap and luke warm water *after 2 days*.
- Do not soak the area in water, or leave wet dressing against wound. Gently pat the area dry with a clean towel. Do not rub.
- Typically 1 week after surgery the suture below your chin will be removed.
- Typically 2 weeks after surgery sutures behind the ears or in the hairline will be removed.
- Make-up may be used one week following the procedure. No hair color can be used for 6 weeks after surgery.