

## **SURGICAL INSTRUCTIONS**

### **PRE-OPERATIVE:**

- \* History & Physical and lab studies are required prior to surgery which varies with each individual patient. The lab work will include blood tests, urinalysis and possibly an EKG, chest x-ray or mammogram, depending on your age and health status.
- \* Do not take aspirin or any medications containing aspirin for 10 days prior to surgery, Ibuprofen for 10 days prior to surgery or Vitamin E for 3 weeks prior to surgery. These medications interfere with blood clotting. Many cold medications and decongestants contain aspirin. A list of other prohibited medications are enclosed.
- \* A pain medication will be prescribed for you and/or possibly an antibiotic. Please have these filled prior to surgery.
- \* If you take medications for other health problems, please let us know. We will inform you when to take the medication on the day of surgery.
- \* Make arrangements for transportation to and from the office the day of surgery. You will also need someone to stay with you through the first night after surgery.
- \* **WOMEN ONLY** - If you are taking birth control pills and are also taking an antibiotic, you should use an alternative method of birth control until your next cycle. Oral antibiotics have been shown to interfere with birth control pills.
- \* Do not eat or drink anything after 12 midnight for morning surgery or 6 hours before afternoon surgery.
- \* **DO NOT SMOKE FOR TWO WEEKS PRIOR TO SURGERY.**
- \* Purchase a bar of antibacterial soap and wash the operative area beginning 3 days prior to surgery.

### **DAY OF SURGERY:**

- \* Do not take any sedatives the morning of surgery unless specifically ordered by the doctor. You will be advised when to take routine medications.
- \* Wear comfortable clothing including a button down shirt and comfortable flat shoes. No jewelry, nail polish, make-up, powder, deodorant, perfume/cologne.
- \* Wash the operative area with antibacterial soap.
- \* Drink plenty of fluids following surgery and for two days after. Soft foods are recommended the first 24 hours then eat as tolerated.

### **POST-OPERATIVE:**

- \* You may develop bloating which is normal and is usually related to the pain medication. Take 3 TBS. Milk of Magnesia. Repeat in 4 hours if no relief.
- \* It is anticipated that you will be drowsy the remainder of the day. Limit all activities and rest.
- \* You can expect bruising and swelling of the surgical areas.
- \* Do not drive a car or operate hazardous machinery for 4-5 days and as long as pain limits movement or pain medication is required.
- \* Do not take aspirin containing medications for 10 days after surgery, Ibuprofen for 10 days after surgery and Vitamin E for 3 weeks after surgery.
- \* Do not drink alcoholic beverages when taking pain medication and for 24 hours after surgery as alcohol prolongs and enhances the effects of the sedative used during surgery.
- \* **DO NOT SMOKE FOR TWO WEEKS AFTER SURGERY.**
- \* Do not make important personal or business decisions for 24 hours.
- \* Keep all dressings clean, dry and in place.
- \* Exercise should be discontinued for 2 weeks following surgery. Restart with whatever is tolerable.
- \* If there is any unusual pain, discomfort, swelling, redness, bleeding or a temperature greater than 100 F, please notify us. Office: 404-843-0840 .

## PROCEDURE

### Facelift

- \* There will be a bandage about the head and neck area and some bruising and swelling will already be present when you leave the hospital. It should reach its maximum in about 48 hours. The bandage should be removed only by your doctor, usually the day after surgery. You might want to bring a scarf with you to wear home.
- \* You may have a drain in place and will be instructed as to the management of this.
- \* Keep your head higher than the heart at all times. Sleep at a 30-45 degree angle.
- \* Keep your neck extended when resting- chin up.
- \* No lifting, bending, stooping or straining.
- \* Keep chewing to a minimum. Stay on clear liquids for the first 24 hours and drink plenty of fluids. DO NOT USE A STRAW.
- \* Keep talking to a minimum to let the face and neck rest.
- \* Refrain from drinking caffeinated beverages for at least 1 week.
- \* Hair may be shampooed the 2nd post-operative day. Remember to brush hair carefully as sutures are still in place. Hair may be colored and/or permed 4 weeks after surgery.
- \* You will need an appointment the day after surgery for check-up and drain removal.
- \* On the 4th or 5th day following surgery the sutures in front of the ears will be removed.
- \* One week after surgery you will return to have the remaining sutures removed.
- \* Between the 1st and 3rd week, most of the bruising and swelling should have subsided.
- \* New scars must be protected from direct sun by use of a sunblock for appx. 6 weeks.
- \* On the 10th day you may start to use make-up.

### Blepharoplasty

- \* Wash eyelids with a Q-tip and diluted baby shampoo once a day beginning 3 days prior to surgery, including the day of surgery.
- \* Bring a pair of sunglasses to wear home.
- \* There will be bruising and swelling about the eyes which will be maximal at 48 hours.
- \* Your eyes will not be bandaged. To keep swelling at a minimum, use cold saline compresses using gauze sponges for the first 12-18 hours.  
Directions for cold saline:
  - a) Mix in clean mixing bowl-one tablespoon of salt in one quart of water. Keep ice cubes floating in bowl.
  - b) Every 10 minutes, wring out a sponge in the iced saline solution and place over eyes.
  - c) You may use the cold compresses as you wish after the first day for your comfort.
- \* Keep head higher than the heart at all times.
  - a) The first night after surgery is the most critical. If you have a recliner chair you may benefit from using it the first night.
  - b) Sleep on at least 2 or more pillows for the next several weeks.
- \* No lifting, bending over or straining for the next several weeks.
- \* Wear sunglasses as needed to prevent squinting.
- \* Sutures will be removed in 4-5 days.
- \* Make-up can be applied in 7-10 days after surgery.
- \* Hair may be shampooed in 24 hours-Colored in 5 days.