

# **Facelift Pre and Post Op Instructions**

## **To and From Surgery**

Plan for someone to drive you to and from the surgery center. Be sure you have read and completed the Newport Beach Surgery Center paperwork before you arrive. You can call the surgery center to get more detailed instructions. Make sure you know how to get to the surgery center so you can be on time. On the day after surgery (you will be spending the night at the surgery center), plan for someone to drive you home; we recommend that you have someone watch over you at home as well. You should not drive yourself for one week after surgery, or until you have stopped taking narcotic pain medication.

## **Diet**

Do not eat or drink anything for eight hours before surgery. After surgery, be sure to drink enough water to prevent dehydration. After arriving home from the surgery center, avoid heavy solid foods the rest of the day.

## **Physical Activity**

After surgery you may feel tired, sore, and may have some bruising. Be sure to get some rest until the effects of the anesthesia have worn off. If at any time you feel dizzy after surgery lie down until you feel normal again. You may engage in some normal activities within a few days of the surgery, but do not do anything to elevate your blood pressure for at least a week. This will cause bleeding in the area which may result in a hematoma. For the first few nights, you should sleep in a slightly upright position; lying flat at first can increase the chance of bleeding or a hematoma.

## **What to Wear**

Be sure to wear comfortable clothing such as a loose fitting zip up and sweat pants to make it easier to get dressed afterwards.

## **Medication**

Discontinue taking aspirin, ibuprofen, and vitamin E one week before surgery (refer to the aspirin instruction sheet). Do not resume taking any aspirin, ibuprofen, or Alleve until 5 days after the surgery. Get your prescriptions filled a few days in advance to take after surgery. Take your pain medication as needed. If you run out before that time, there is usually a refill you can obtain, otherwise call the office for a new prescription. While this is a procedure that does not result in much pain, each person experiences pain differently and most patients experience the most discomfort during the first few days following surgery.

## **Wound Care & Bathing**

After the surgery you will have a head dressing and drains. These will be removed by Dr. Doezie before you leave the surgery center the next morning. For the next six days you will wear an elastic bandage under your neck to promote proper neck contour. It is normal to have a little oozing of blood from the incision sites. It will take at least a month before all the swelling is gone. We will also give you a custom bandage to wear about a week after surgery. It is critical that you avoid tobacco for three weeks after surgery or wound healing problems may occur.

Showering/Bathing: You may shower two days after the surgery. You may gently wash your face at this time as well, but be careful not to vigorously rub your cheeks and neck. Makeup may be applied to your face after a week with approval of Dr. Doezie.

Call Dr. Doezie if you notice a sudden increase in swelling of the face or neck, difficulty breathing, or signs of infection such as redness, swelling, or increased pain

### **Follow-Up Visits**

You will come into our office the day after surgery for a follow up visit with Dr. Doezie. A week after the surgery you will come in to our office to have the stitches removed. If you are on pain medication you need to have someone drive you to our office. Dr. Doezie will let you know when to make the rest of your follow-up visits.

### **What Bring to the surgery center:**

Photo ID

Credit Card (no personal checks)

### **Other Suggestions:**

Paper or plastic bag for the car ride home just in case

A pillow for comfort on the way home

A bottle of water