



**Sean Alemi M.D., F.A.C.S**  
**Facelift, Necklift, Lip Lift Fat Transfer and/**  
**or Browlift Instructions**

We are honored that you have chosen Dr. Alemi to be your surgeon. Below, you will find our pre and post-operative instructions. Please read them carefully to familiarize yourself with our protocols. Please reach out with any questions or concerns! We look forward to taking care of you.

**Please purchase the following items in advance:**

- Aquaphor
- Hydrogen peroxide
- Q-Tips
- Bacitracin antibiotic ointment
- Cetaphil skin cleanser
- Arnica & Bromelain supplements (recommended)

**The following medications will be prescribed to you:**

- Antibiotics
- Pain Medication
- Anti-inflammatory medication
- Anti-nausea medication
- Anti-viral medication (for patients receiving CO2 resurfacing)

**PREPARING FOR YOUR SURGERY**

- 4 weeks prior
  - Obtain medical clearance for your upcoming procedure. This will include some basic blood work, an EKG and possibly a chest X-Ray
  - Stop using all nicotine products (including smoking, vaping or smokeless)
- 2 weeks prior:
  - Do not take ibuprofen or Aspirin products, such as Advil, Motrin, Aleve, Aspirin, Excedrin, Midol. Tylenol is OK to use as needed.
  - Do not drink alcohol as it can increase bruising and swelling
- 3 days prior:
  - Start taking Arnica & Bromelain supplements
- 1 day prior:
  - If you are undergoing laser resurfacing, start Valacyclovir prescription
  - Wash your hair with shampoo, but please no conditioner!

## THE MORNING OF SURGERY

- Wash your face with Cetaphil cleanser
- If instructed to do so, take your prescription medicines with a sip of water (your pre-op RN and/or anesthesiologist will review this with you)
- Please ensure all makeup is completely removed
- Do not wear make-up or moisturizer on your face
- Wear loose, comfortable clothing that opens in the front and comfortable shoes.
- Do not wear contact lenses
- Do not wear jewelry
- Leave all valuables at home
- Please make arrangements for a responsible adult to pick you up from our center and stay with you throughout the night.

## POST OPERATIVE

- You will return to our office the morning after surgery for removal of bandages. The bulky cotton bandage will be replaced with a **loosely** fitting ACE bandage.
- You will also be seen on post-operative days 5, 7 and 10 for suture removal
- We encourage you to get up to eat meals, watch TV, or go to bathroom
- A high protein, low carbohydrate diet is best for several days. Soft food is preferable, as the jaw line will feel tight from the muscle tightening during surgery
- Rest with head and shoulders elevated on two or three pillows, and sleep on your back for 2 weeks post op.
- Twice daily: Clean the incisions with hydrogen peroxide on a Q-tip and apply antibiotic ointment. We recommend wearing a loosely fitting ACE bandage for 3-4 days after surgery to protect the incisions.
- Ice packs or cold compress may be applied to the eyes and lips to treat swelling. **DO NOT APPLY ICE to the rest of the face or neck.**
- Take two Tylenol (1000mg) every six hours as needed for discomfort, or use the prescription pain medication for discomfort not controlled by the Tylenol. The prescribed pain meds are effective for pain; however they can also cause nausea and constipation.
- Colace (an over the counter stool softener) may be used to help alleviate constipation related to the pain medication.
- Take the antibiotics as directed until all of the medication is gone
- You may be prescribed additional medications to treat swelling during the first week after surgery. Please take these medications as directed.
- You may bathe your body starting the day after surgery, but please do not wash your hair until 3 days post-op. You may use gentle (i.e. baby) shampoo but please do not use conditioner for 2 weeks after surgery.
- Please do not brush or blow dry your hair as this can pull against your incisions
- You may not color your hair for at least 4 weeks after surgery. Dr. Alemi will clear you for this based on the healing of your incisions.
- You may resume driving after two or three days, if you feel comfortable and alert. You may not drive if you are taking narcotic pain medicines.
- **Resuming Exercise**
  - You may start leisurely walking after 1 week
  - Light, low impact cardio (jog, stationary bike, elliptical) after 2 weeks
  - Light resistance training after 4 weeks
  - Resume full intensity workouts 6 weeks
- Patients traveling for surgery will be allowed to return home after 10 days

**PLEASE CALL OUR OFFICE IF**

- You experience sudden swelling on one side of the face, associated with intense pain. The affected side of the face becomes very firm and swollen compared to the opposite side.
- You have signs of infection including increasing redness, pain, foul odor or oozing from an incision.

Patient \_\_\_\_\_ Date \_\_\_\_\_

Witness \_\_\_\_\_ Date \_\_\_\_\_

Alemi Facial Plastic Surgery  
Ph: